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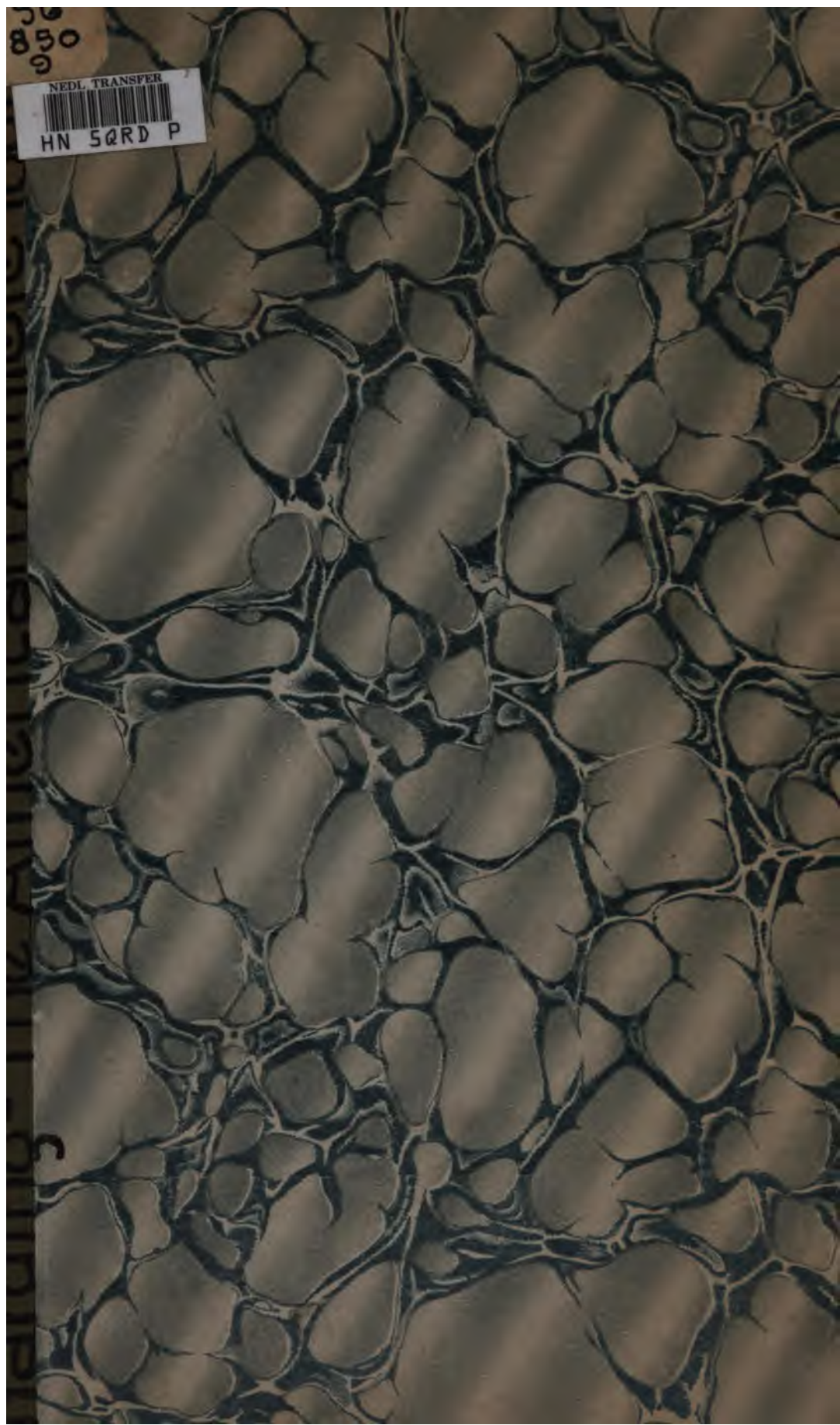
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THE
AMERICAN ATHLETE.

A TREATISE ON THE RULES AND PRINCIPLES OF TRAINING FOR

ATHLETIC CONTESTS,

AND

THE REGIMEN OF PHYSICAL CULTURE.

ALSO,

Short Sketches of Famous Athletes, their Experiences, and the
Notable Contests in which They have Taken Part.

COMPILED BY

William E. Harding, Ex-Champion Pedestrian,
TRAINED OF DAN O'LEARY, AND JOHN HUGHES, THE CHAMPION PEDESTRIAN
OF THE WORLD.

PUBLISHED BY
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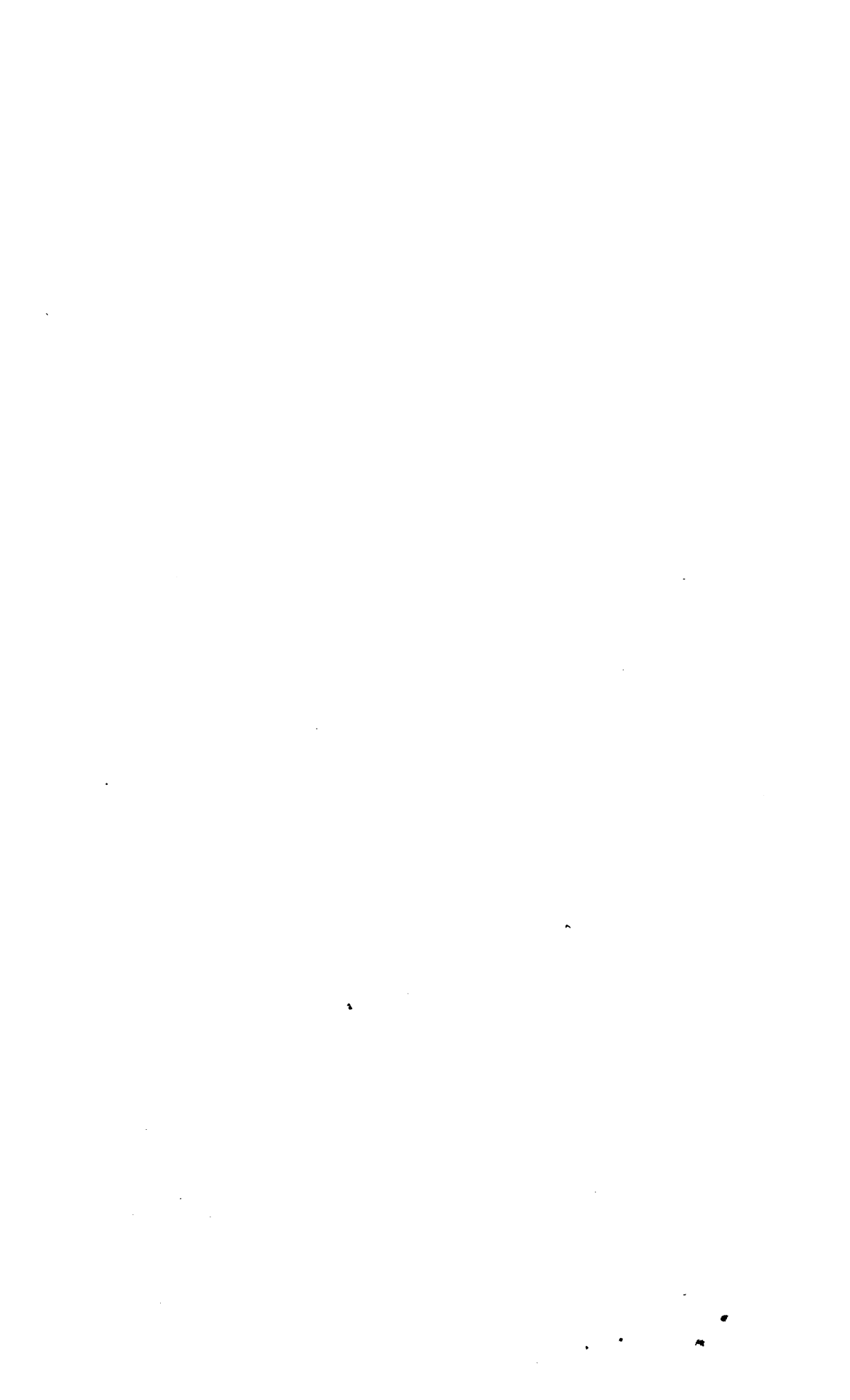
PREFACE.

IN presenting the *AMERICAN ATHLETE* to the public, the author claims the indulgence of the tens of thousands who will read its pages and derive the benefits of physical training which it will suggest.

It is the intention of the author, who has been a professional pedestrian for the past twenty years, and during that time held the position of champion, to introduce to the sporting world a work which will show the beneficial results of physical training, both to the body and mind.

The author will also treat of the necessary mode of training that must, in all cases, be undertaken to fit any person for feats that require endurance. He, however, intends to draw attention more particularly to the study of training and dieting necessary to be observed by any aspirant for pedestrian honors, either walking and running, and also in rowing. The book, besides giving a treatise on training, contains a full history of the trophy, offered by Daniel O'Leary, E. P. Weston, Charles Rowell, George Hazael, "Blower" Brown, and other distinguished pedestrians.

As useful information, the work contains the scores made in the Astley Belt for the World's Championship, the Astley Belt representing the English Championship, the O'Leary Belts, and the Rose Championship Belt.



CHAPTER I

PHYSICAL TRAINING.

THE subject of physical training should interest every one, and for years it has occupied the attention of some of the most learned men of the world, and innumerable methods of physical training have been adopted in the colleges and other institutions where our youth are educated.

It should be the duty of everybody to train and prepare the human system by a thorough course of dieting and exercise, for in many instances it develops the human frame, and always promotes health and strength.

Walking, rowing and running and other health-promoting recreations have been tried, and have undoubtedly been productive of a very great amount of practical good in developing latent physical energies. It is pleasant to notice that under the endorsement of some of the most talented and eminent physicians, physical exercises have become exceedingly popular from Maine to California.

Thirty years ago athletics in America was in its infancy. America could not boast of a Weston or a O'Leary, England of a Rowell, nor Canada of an athlete like Hanlan. It is true there were athletes, but they were all of the primary order compared with the wonderful physical phenomenons of the present day.

Our readers will naturally ask why the athletes thirty years ago could not compare with those of the present day. The question is easily answered. The athletes at that time did not understand the benefits of training, and because they did not know the important benefits derived from it. Walking and running, and other exercises that form the branches of athletics, are efficacious in driving disease from the human frame, and this fact has time and again been proved. Many a consumptive youth, by constant exercise, has overcome the disease before it was seated in the system, and many a man afflicted with rheu-

matism has, by physical exercise and abstemious living, recovered from the affliction.

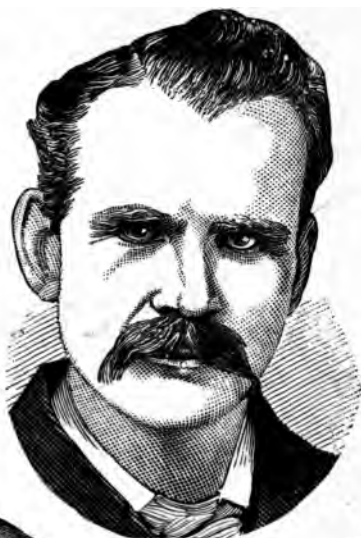
The plan formerly adopted in colleges and public schools was to keep the brain continually at work by a severe course of study, and to allow the body to remain perfectly inactive. Under the system now coming into use, the exercise of both mind and body is equally looked after, and thus the healthful influence of the one is brought to bear on the other. By judicious pedal and muscular exercise the motions gone through reach every part of the frame, and they completely dispel languor and inactivity. The tension of the muscles is trebled, and the blood flowing sluggishly in remote and undisturbed portions of the body, is urged and quickened in the circulation by the relaxing and contracting of the muscles. The brain is stimulated into new activity by the lively, bounding current within, and thus is more apt to absorb whatever is presented to it, while at the same time the memory is considerably improved and strengthened.

CHAPTER II.

TRAINING IN GENERAL.

TRAINING is a process which requires more care and attention than any other ordeal through which an athlete has to pass, though its injurious effects have been over-rated by the timid. There is an old maxim, that "everything is good in moderation," and this is as applicable to training as to other things. The object of training is to enable a man to go through violent exercise with the least possible inconvenience and injury to himself. An untrained man not only feels the exertion severely during a race, but his frame does not resume its normal state for some time after. Whatever may be the effects, whether for good or ill, of athletic contests, personal experience and observation prove that much more harm ensues from severe bodily exertion, when a man is untrained, than when he is trained.

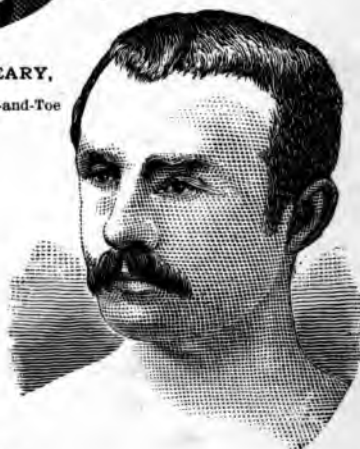
Another very important point, generally overlooked by those who talk about the diseases brought on in after life through training, is the going out of training. After a man has been living in temperance, soberness, and carefulness for months, and then, after a contest, indulges



DANIEL O'LEARY,
Ex-Champion Heel-and-Toe
Walker.



HARRY VAUGHAN,
Ex-Champion Heel-and-Toe
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pure and unadulterated. Port, sherry, stout, and all spirits are heating, and consume the vital powers of the body, although the former must, of course, be given in case a man is trained off or weak. Of other wines, good sound claret is the best, but care must be taken that it does not produce diarrhoea in hot weather. If old ale is taken, a pint should be the quantity, or if one or two glasses of port wine is required after dinner, as in the case of a weak constitution, not more than half a pint of ale is required. Of all liquids, however, champagne is the best, as it gives a man energy and life without producing heaviness and fulness like port wine.

If dessert is taken, one orange or two or three Turkish figs are the best, but any fruit in season is admissible, as it promotes digestion. By far, however, the best time to take fruit is in the morning at breakfast before the sun has been on it. No sugar must be eaten with it. It is as bad to eat directly after hard exercise as it is to do so just before, since the blood is distributed in those parts of the body which have been exercised. The evening meal, whether tea or supper, should be as light as possible; it is most injurious to the digestive organs to eat heartily before sleep. Half a pint or even more, if desired, of tea or old ale, may be taken, and of food much the same description as at breakfast, though less in quantity, for the reasons just stated.

Many advocate a basin of gruel at the evening repast. Although it is undoubtedly strengthening, its general efficiency may be doubted, for it suits the palates of very few, except those accustomed to it, and one of the greatest points in training is not to compel a man to eat any food which is distasteful to him. In the above rules more than two pints of liquid are allowed, in the day. The theory of stinting a man's liquor, as it is termed, is a most fallacious one, and quite contrary to nature, since, when a man is in training, he perspires through exercise, and the quantity of liquid thus exuded must to a certain extent be replaced. There is only one restriction that must be placed on taking more than two pints of drink during the day, and that is that all drinks should be taken at meals and not at odd times. Condemning one to thirst has the same effect as giving him ardent liquors. Both make him feverish, restless, and unable to sleep.

The times of taking the meals must of course vary according to circumstances, but the maxim that "It is better to eat often in moderation than to gorge oneself once a day," should ever be remembered.

Mr. H. Salter, a great authority on diet in training, wisely says: "The great thing in training is to find out as soon as possible what mode of living the subject has been accustomed to, and, as it must to a great extent be the most suitable to his peculiar case, to adopt it without hesitation." Acting on this principle, the dietary above mentioned will be the most suitable for gentlemen, being that to which they are most accustomed. Pickles, spices, pepper, mustard, and all seasoning sauces, and therefore all made dishes and entrees which usually contain such condiments, must be carefully avoided from their tendency to produce an unnatural appetite and create thirst.

Liquids, like food, should never be swallowed directly after exercise, as cases of ulcerated sore throat are sometimes brought on by drinking when the throat is heated by exertion. The lean part of a mutton chop and dry toast, with weak brandy and water, is the best meal, to be taken about two hours before starting in a race. If intense thirst is felt, the mouth should be rinsed out with water, but nothing swallowed. Relief is often obtained by bathing the wrists and feet in cold water.

SLEEP.

Of this, eight hours is an outside limit, and from six to seven will be generally found sufficient, retiring to rest not later than 11 P. M., and rising from about six A. M. to 7:30 A. M., according to circumstances. The bedroom windows should always be kept open at top and bottom, slightly in winter and wider in summer. Foul air, generated by the human breath, is never more hurtful than in a bedroom. Too much clothing should never be placed over the chest whilst sleeping, as, by doing so, respiration is more labored, and the legs and extremities, not the trunk, require more extra covering for purposes of warmth. A mattress should be used to sleep on, never a feather bed. High pillows and bolsters are very injurious. The natural height to which the head should be raised in sleep is about the thickness of the upper portion of the arm, which constitutes the pillow as designed by nature.

CLOTHING.

Flannel should be worn next the skin throughout the year. The best attire for running is what is termed the university costume, and consists of a pair of merino or silk drawers, reaching to the knee, and confined around the waist by a broad, elastic band. For the upper part of the

body a thin merino or silk jersey is the best. No covering for the head is usually worn, but in a race of such long duration as a seven mile or ten mile running contest, it is advisable to wear a straw hat or cap, if the rays of the sun are very powerful. For running, thin shoes of French calf and fitting like a kid glove when laced up are worn. The sole should be thicker than the heel, and contain four or five spikes, the lacing being continued almost down to the toe.

For walking races the heel should be thicker than the sole, and contain a few sparrow-bill nails—none being required in the toes. Chamois leather socks, just covering the toes, but not reaching above the top of the shoe, are the best adapted for running. Ordinary merino socks, but not thick and heavy like worsted ones, and worn over the chamois leather coverings, are the best for walking, as they prevent dust and grit raised from the path from getting between the shoe and foot. Except for sweating purposes heavy clothing should never be worn in practice, the gait and stride being much impeded thereby. A piece of cork, of an elongated egg shape, should be grasped in each hand while walking or running.

EXERCISE.

In all exertion two sets of muscles are used—the extraordinary or special and the ordinary or habitual. The former are those which are specially brought into use by an exercise of the will on the part of the athlete while engaged in his proper pursuits; but the latter, in their connection with the heart and lungs, are naturally and unconsciously used by all men, whether athletes or not. Those particular muscles which are most brought into play by any special exercise will be most developed, *e. g.*, in walking chiefly those of the legs and thighs; in rowing, chiefly those of the legs and loins. Like all other things, the beginning should be in moderation, and by far the best plan is to reduce all superfluous flesh, if there be any, before an attempt to contend against time. Thus, a man will be able to walk or run with much more ease and comfort to himself, and will not be discouraged by what would otherwise be considered a bad performance. Now the reduction of flesh is accomplished by a combination of two methods—either sweating off, or working into muscle, technically termed “caking” it. Sweating may be performed in two ways, either artificially or naturally. The former, except in the way of a Turkish bath, is so weakening and injurious to

the system that it need not be further alluded to. The latter plan is by far the most healthy, being consonant with the laws of nature. It is accomplished by putting on a rough but not too porous worsted jersey next the skin, and running some distance at a slow, steady pace, but not fast enough to cause distress or fatigue. If the lower limbs are much loaded with flesh, woolen may be advantageously worn, but this will be seldom required, the exercise itself sufficiently accomplishing the desired result.

Working fat into muscle, or caking it, a most simple process, is performed by plenty of long and steady exercise at a moderate pace, accompanied by severe rubbing with rough towels after the bath. The system of covering the body with several thick coats for sweating purposes is bad, and has a tendency to slowness in pace. The best distance to commence to run for sweating is about a mile or more (if the pedestrian is not fatigued, and this should be avoided), the pace being an easy trot at first, afterward gradually increased from day to day. As the limbs acquire elasticity, and the heart and lungs become accustomed to the increased number of respirations, the work becomes a pleasure instead of a task.

After a trainer has thus got himself into condition, actual practice could commence according to the length of the race in which he is to compete. It is a great mistake to take no exercise during the day, except running the distance of the race once at top speed. Except for two or three hours after meals, the runner should be on the move, and taking light exercise or amusing himself throughout the day. By so doing, he prevents stiffness of the muscles, and occupies the mind; but this, of course, is only feasible with those who can devote their entire time to training, and is a remark more applicable to professionals than to amateurs.

Violent exercise before breakfast, as was said before, is bad, unless a man is accustomed to it. The time of day for performing the distance, or a portion of it, on the running path, should vary according to the time of year. In the summer months, when the sun is powerful, it is not advisable to take hard exercise on the path before 6 or 7 P.M., but in spring, autumn or winter, the best time is between 10 A.M. and noon, about two hours after breakfast. One or two day's rest should be taken before the day fixed for the contest, as by this means the limbs, which may have been wearied from constant work, recover their elasticity and

stride. One or more trials against time, at the distance to be run in the race, should be performed, but not within a week of the event. In the case of sprint races the distance may be run out oftener, but all trials should be left to the judgment of the trainer, who has by far the best perception as to weakness and jading from overwork. If it is apparent that a man is doing his utmost in a trial, yet still the watch shows that the time is bad, the pedestrian should be at once stopped and given a day's rest, or even more if required.

ACCIDENTS DURING TRAINING.

These are chiefly strained muscles, blisters and corns. In the case of the first, perfect rest must be taken till a complete cure is effected. For blisters, the best way is to lance the skin with a needle—never with a pin—and press the water out; they will then generally heal up in a short time. Should the skin become badly broken, the limb must be well bathed in warm water, and kept protected with a bandage of lint soaked in Goulard water. Corns are usually caused by tight-fits, and should be extracted as soon as possible by bathing in hot water. But in all these prevention is better than cure. For other and more serious accidents, such as varicose veins, rupture, sprained ankles and the like, the subject should seek the best medical advice obtainable.

In conclusion, an athlete should confine himself exclusively to that kind of exercise which suits him best, if he wishes to be proficient. At the same time recollect there is moderation in training as well as in other things. A novice should never attempt self-training, but always seek the advice of some experienced person. Be it ever remembered, however, that a man anywhere weak by nature should never attempt training without permission of his medical adviser.

CHAPTER III.

SPECIAL TRAINING FOR BOAT-RACING.

Too much care cannot be taken in selecting men for boat rowing—they should neither be too young or too old. If young, they should be carefully watched and drilled, holding, as the first principle, the future

health and strength of the body. A man should never be selected for his proficiency, nor for willingness alone ; for many a young man possesses these qualities, who has not the physical power of development or endurance.

Exertion should in no case be of such a nature, or continued to such an extent, as to become exhaustive, or to exceed the powers of recruitment furnished by diet and rest.

A man who goes into training should have perfect control over himself. The want of this power is the common and special defect, not only of weak minds, but very often of the strongest natures. It is seldom perfectly attained, but a close approximation to it may be arrived at. It is hard to overcome bad habits that have been indulged for any length of time, yet it is absolutely necessary, to become a good rower, that these habits should be entirely overcome, if not forgotten. Restraint is difficult with most men, but still it is of the last importance to a man in training.

On commencing training, great care should be taken in securing a large and airy sleeping apartment. The temperature of the bath varies with the season. It is a mistake to think the body should be allowed to cool down before bathing. Nothing closes the pores but the shrinking of the skin, and to do this by standing in the cold, you defeat the object of the bath.

Training causes the speedy removal of all waste, and the hastening forward of fresh material for its replacement, and in doing this it attains three distinct results :

- 1.—It increases the size of the voluntary muscles employed.
- 2.—It increases the functional capacity of the involuntary muscles.
- 3.—And by far the greatest, it promotes the health and strength of the whole body by increasing respiration and quickening the general circulation.

A man should never row who is suffering from a severe cold, or inflammation of the chest and throat, or who has the slightest sign of palpitation of the heart.

Men who have been in the habit of using tobacco, liquor, coffee, etc., should wean themselves from their use some time before training. Inveterate smokers may be allowed to smoke a little after dinner and supper, than to be continually hankering after it, but this must be given up at least two weeks before the race.



WILLIAM E. HARDING,

The POLICE GAZETTE's Sporting Editor, Ex-Champion Pedestrian and Bicyclist.



tance of attending to this particular branch of the education of their youth; having frequently to defend their liberties and property by the force of arms, either against the encroachments of kindred States, or the ambition of powerful foreign foes who desired to invade their country. They therefore considered it highly important to inure their young men to hardy, and even violent exercises, so that, in the hour of danger, their minds might not be daunted or their bodies sink under the fatigues of war.

It has been said, perhaps justly, that the young men of the present day have physically considerably deteriorated; preferring to spend their time in the enjoyment of enervating and luxurious pleasure, rather than to follow a course of healthful and manly exercises, which would not only give them greater vigor, but fit them for the natural position that all are called upon to fill at some period of their lives, viz: that of husband, and, possibly, father of a family. If the youth of the present generation would but lead frugal and temperate lives, and at the same time endeavor to improve their physical health by all means within their reach, it might be expected as a natural consequence that their sons would in their day be possessed of constitutions which would enable them to not only enter upon their business avocations with determination and zeal, but would also enable them to compete with the youth of other nations in all manly sports.

The system which now unfortunately prevails is due to the inertness of the parents and teachers under whose care our children are being brought up; and to it and to them must be attributed the sickly and wasted appearance observable in so many of the young men of the present day.

The following mentioned paraphernalia are necessary in fitting up a Gymnastic Ground:

Horizontal Bar; Parallel Bars; Vaulting Horse; Leaping Stand; Climbing Stand; Ladder of Ropes; plain Swinging Rope; Ropes and Rings; Wood Spring-Board; Pulleys, cords and weights, adjustable to imitate the actions gone through as a top and bottom sawyer, and in rowing; set of Dumb Bells, and a set of Indian Clubs. The best time for practicing gymnastics is early in the morning, but they may also be engaged in before dinner in the afternoon, when the stomach is not laden with food. Violent exertion of any kind should never be indulged in immediately after a hearty meal.

The learner should proceed gradually from the easier to the more difficult exercises, by slow degrees, and, if possible, under the eye and instruction of an experienced teacher. Care should be taken at all times never to overtax the strength, as by so doing injury may be the result instead of benefit. Where there are a number of boys, they should be divided into classes according to their strength. The pupils should, while exercising, wear a pair of flannel pants, flannel shirt or Guernsey and canvas shoes, and as soon as their exercises are completed they should strip and rub themselves dry with a rough towel, and immediately resume their ordinary apparel, which should be sufficiently warm to keep them from catching cold.

In all exercises attention should be paid to place the body in such a position that none of its parts are exposed to injury; for example, the tongue should never be suffered to remain between the teeth, and care should also be taken to carry nothing in the pockets of the exercising dress, as by so doing some serious accident might result. The left hand and arm being commonly weaker than the right, should be more frequently exercised by lifting and carrying of weights, and by supporting the body by suspension, until it becomes as strong as the other. The use of dumb bells and Indian clubs is very advantageous, but the pupil should be careful not to use those of too great weight. Dumb bells of from 4 to 7 pounds are of more use in developing the muscles than those of heavier weights. Clubs of from 6 to 9 pounds are also sufficient for all ordinary purposes. The pupil should, however, at each lesson, begin with both bells and clubs of the smallest size, and progress to those of heavier calibre towards the conclusion of the lesson.

CHAPTER V.

WALKING AND RUNNING.

THE best and most beneficial exercise is walking and running, and men for this branch of sport should be selected for their health, strength and activity.

Men for walking, running, and all athletic sports, should be selected for their health, strength and activity. Proficiency in walking and running will come by practice. It is not to be supposed that every man can become an accomplished walker or runner, but I believe that all can learn something worth acquiring.

The selection being made, the next thing is to look at the previous habits of the men. These habits should not be changed suddenly; I refer to such habits as smoking, chewing, drinking, diet, etc. Those who have been accustomed to indulge in those pernicious habits to an inordinate extent should wean themselves gradually from their use before beginning to train, and discontinue them entirely ten days after commencing training. *James*

The importance of fresh air in the sleeping apartment is acknowledged, but not fully acted on. Care should therefore be taken to see that the bed-chamber is well ventilated, but not draughty. Let any man sleep in a close and ill-ventilated room, and in the morning he will wake flushed and feverish, and very often with a headache.

Every man, to be a walker or runner, should have strong and healthy lungs. Unless he has these he should never undertake any violent exercises, as he must necessarily fail.

In walking, the arms should move freely by the side, the head be kept well up, the stomach in, the shoulders back, the feet parallel with the ground, and the body resting neither on the toe nor heel, but on the ball of the foot. On starting the pupil should raise one foot, keep the knee and instep straight and the toe bent downwards. When the foot reaches the ground the other should follow, and so on until the pupil is able to walk gracefully and firmly. The stride should be from the hips. The best walkers of the day scarcely bend their knees. This is the best of exercises, and excels all others.

In running, the legs should not be raised too high; the arms should be nearly still, so that no unnecessary opposition be given to the air by useless motions. Running in a circle is excellent exercise, but the direction should be reversed occasionally, so that both sides may be equally worked. The arms should be carried about level with the chest, but clear of the body, and the hands be kept closed, with something in them, such as a cork cut four inches long and about the thickness of an ordinary walking cane.

Pupils should make frequent use of the spring-board, and pay particular attention to begin running on the toes and afterwards on the ball of the foot, keeping the heel clear of the ground. By constant daily practice the pupil, who, at commencing, could run less than one mile, will be enabled to cover ten miles with ease.

The shoes used in running should be made of the best calf-skin,

and have five spikes at the bottom ; three placed at the outer, and two at the inner side of the sole, and each one projecting a quarter of an inch. The three should start from the small toe, and the two from the large toe, equally spaced to suit the party for whom they are intended.

One important thing that an amateur should not overlook, no matter what branch of athletics he practices, is over-training, that is, too much work. I once knew a professional gentleman who when on a certain occasion in training had lost form and appetite, and his only craving was for red herrings, which at length were allowed him by his trainer with great reluctance ; but when he was bloater-fed and his craving satisfied, he rapidly got into his running again. I have now I think explained that the only remedy for sudden loss of form in training is to allow the trainee to follow his own devices, or, in plain words, to throw him up for a time.

Another matter that no foresight can prevent when running a race is a "stitch." This pain will only attack men in distance races. I have frequently seen men who are in the perfection of condition to run, and with victory within their grasp, have it ruthlessly wrested from them by an attack of this kind. There is no prevention from it, and when it does come the only thing to do is to keep on running, though in great pain, until it leaves off—that is to say, if there is sufficient distance yet to be run to give one a chance to recover the ground necessarily lost.

Loss of form and "stitches" are evils bad enough, but the most galling and disappointing of all is a break-down through a sprain or straining of certain muscles. For this there may be really no cure whatever, so far as one's ever being able to stand a preparation is concerned, and even under the most favorable circumstances a long rest is necessary, and consequently from this one's entire training is upset. The cause of these ailments is purely accidental, and no amount of care can prevent them.

CHAPTER VI.

IMPORTANT RULES THAT MUST BE ATTENDED TO WHILE TRAINING.

DURING the preparatory stage a wide latitude is permitted in respect of most things ; the one point chiefly to be attended to being steady rowing—but this subject has already been fully gone into. In

actual training, however, the case is different. Certain definite laws are laid down as to forbidden fruits and forbidden pleasures, and compliance with them cannot be too strict or too ready.

In the first place, absorbing intellectual labor and sedentary occupation should as much as possible be laid aside, and all mental excitement or anxiety should be avoided. The hour of rising should not be too early or unreasonable, and no violent exercise which will cause profuse perspiration should be taken before breakfast, as the system is thereby weakened.

Hard and long runs at an early hour are especially to be deprecated; they cause lassitude, loss of appetite, and a feeling of general debility and staleness throughout the day. The ancient custom was to reduce by artificial means, such as giving sudatory medicines over-night, the process going on during sleep—about the most insane course that could well have been adopted, nothing, perhaps, being more debilitating than night sweats.

Another mode was to wrap the patient, when denuded of all clothing, in a cold wet sheet, then to roll him up in a blanket and half smother him with a feather bed. He would quickly break out in the most profuse perspiration, and, after having been so treated for upwards of an hour, would be doused over with cold water and rubbed dry. A more modern application of a somewhat similar method is the Turkish bath, which has of late been much in vogue, but which, however good it may be for invalids, is not quite the style of treatment for a healthy oarsman, although one or two baths might commence the reduction of a heavy and fleshy subject, as it might purify the blood, would cleanse the skin, and perhaps have a tendency to diminish boils. The plan has been lately tried upon race-horses, but it has resulted in failure.

It is scarcely reasonable to suppose that a horse, reduced to a proper degree of fineness by the Turkish bath, would be as fit for his work as one brought to the same state by long steady gallops, which, besides getting off superfluous fat, have the additional and all-important advantage of improving the wind—for this reason, that, according to its advocates, it does not get rid of fat, but merely the water in the blood; and even if it did, it could not much affect the internal fat, the great hindrance to good wind.

So with man. All artificial modes of inducing perspiration may therefore be put under a ban. Natural sweating is far more to the

purpose, and may be brought about by rowing, walking or running, in extra clothing, especially by increasing the clothes where there is most fat. One thing, however, should invariably be avoided, namely, a too rapid reduction ; it should always be gradual.

The daily work in the boat will, to a great extent, assist in bringing a man down ; but, in addition to this, it is absolutely necessary for him to undergo a process which will more effectually rid the heart and muscles of any undue accumulation of fat, and thereby improve the wind. Walking at a smart pace, as a rule, will not alone compass this end, though in some cases it may, and therefore recourse must be had to running.

A sharp run of a mile, or even less, is far better than a dull, steady drag of four or five miles, which will depress the spirits and tire the body ; for it must be borne in mind that the race to be gone through is not a running but a rowing match, and therefore plenty of rowing, as opposed to much running, should be insisted on.

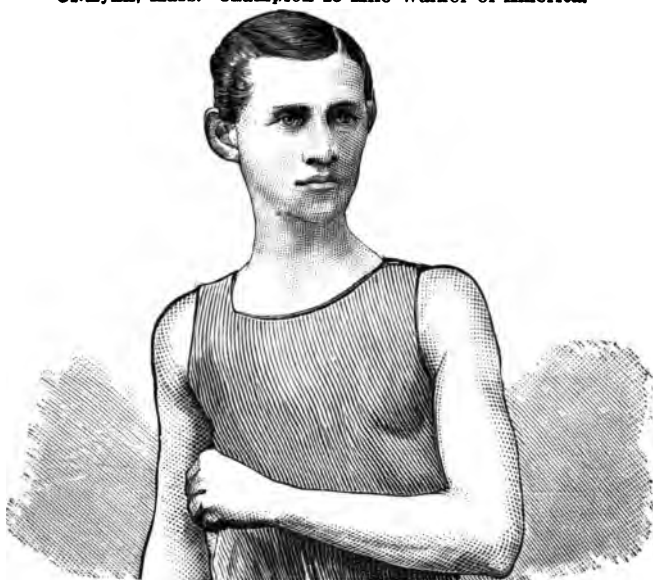
The improvement of wind will be brought about, with the reduction of fat, by the running just alluded to, and by avoiding the too free use of fluids, as well as by abstaining from indigestible and unwholesome articles of food, but especially by the work done in the boat. It has been laid down as a golden maxim that men in training should be stinted in the quantity of fluid they drink, and as far as wind goes nothing is so important. An extra glass of port wine after dinner invariably shows itself the next day. Care should therefore be taken that the glasses are always of the same size, for even such a trivial matter makes a difference.

The quantity of gruel taken at night before going to bed should be limited to one pint, and should neither be increased, nor may the men mix water with it for the purpose of augmenting its bulk. At Oxford the allowance in summer is usually two cups of tea at breakfast, one pint of beer at dinner (before rowing), and a pint and a half at supper if required ; and if men feel thirsty just before retiring for the night, no objection is made to their taking a glass of water. For my own part, I incline to think that in hot weather a glass of water cannot do any harm if there is real thirst, as opposed to the mere temporary dryness of the mouth just after pulling.

No liquid, however, ought to be taken immediately before or directly after rowing : in either case an hour at least should intervene.



DENNIS DRISCOLL,
Of Lynn, Mass.—Champion 25 Mile Walker of America.



EDWARD HOLSKES,
Ex-Champion 25 Mile Walker of America.

require training indiscriminately by one set of rules : on the contrary, one portion will be benefited by a slight relaxation of ~~the~~ daily work, and by a moderate indulgence in diet, while the other will require much harder work and a less varied table ; still, no absolute laws can be laid down.

Unfortunately, it is by no means rare, even now-a-days, to see a crew brought down too low, and weakened by too severe work, so that they are weary and unhinged, when they should be going to the post hearty and exulting in their strength ; and when men are weak, even though their wind may be better, they can scarcely stand the strain of a punishing race as well as if they were stronger, though with less wind ; they can never spurt, because they have not strength or pluck left for it.

CHAPTER VII.

ON TRAINING FOR WALKING AND RUNNING.

The following remarks and instructions in regard to the necessary training required for engaging in a walking match, or running race, will be of service to both amateurs and professionals. The latter have generally their own rules for preparing themselves for a contest, but still they may gain some knowledge by reading the following instructions.

We will suppose that you have been matched for some contest to happen in two or three weeks ; it will, therefore, be necessary to commence work at once. The first thing is to take a mild purgative, consisting of a blue pill at night, and a draught of salts and senna in the morning, adding to it a little essence of Jamaica ginger, to prevent griping.

You must rise at 5 A.M., and at once get into a shower-bath, or, if that is not at hand, a sponge-bath may be taken instead, after which rub the body well with a rough bath towel or a flesh-brush until the friction creates a glow. Then dress yourself in flannels and take a wine glass of good sherry, with a fresh egg beaten up in it.

The exercise of walking and running is efficacious in driving disease from the human system ; this has been proved beyond peradventure, and, like many others, has the effect of materially assisting the student in the work of culturing the mind, which is greatly aided by the healthful operations of the functions and organs of the body.

The plan formerly adopted in colleges, public schools, and by private tutors, was to keep the brain continually at work by a severe course of study, and to allow the body to remain perfectly inactive. Under the system now coming into use, the exercise of both mind and body is equally looked after; thus the healthful influence of the one is brought to bear on the other.

By judicious pedal and muscular exertion, the motions gone through reach every part of the frame, and they completely dispel languor and inactivity. The tension of the muscles is trebled, and the blood, flowing sluggishly in remote and undisturbed portions of the body, is urged and quickened in its circulation by the relaxing and contracting of the muscles; the brain is stimulated into new activity by the lively bounding current within, and thus is more apt to absorb whatever is presented to it; while at the same time the memory is considerably improved and strengthened.

Put on a pair of walking shoes with thick soles and a half pound of sheet lead in each. The uppers should be made of soft calf-skin (these shoes may be afterward changed for lighter ones as the condition becomes fine), and start out for an hour's walk at the rate of four miles an hour, which rate of speed must be increased daily as you get stronger.

If the weather does not permit of outdoor walking you can practice on a spring-board or use a skipping-rope.

On returning from the walk, or after using the spring-board or skipping-rope, the body should be rubbed dry with a rough towel.

Breakfast should then be taken, consisting of a lean beefsteak, stale bread or toast (butter or greasy matter of any kind should never be allowed), and a half pint of tea, not too strong, with the smallest possible quantity of milk in it.

The beef steak may be supplanted by a mutton-chop, or two hard-boiled eggs, by way of variety. All food should be eaten slowly, and be well masticated before it is allowed to pass into the stomach.

After breakfast look over the morning papers for an hour, so as to give time for the digestive organs to do their part. The work of reducing the superfluous flesh, or sweating, as it is technically called, must now begin.

This is done by putting on several thicknesses of flannel over

those parts that are loaded with fat. The neck should be enclosed in a close woolen shawl or comforter, and, when thus clothed, take a walk of about five miles the first day, and increase the distance daily until within two days of the race; but you must be careful not to reduce yourself so much as to cause weakness. Flannel should always be worn next to the skin, as it absorbs the perspiration and prevents chills.

On returning to the dressing-room after the sweating, the wet flannels should be immediately thrown off, and a shower or sponge-bath be taken, and the body should afterward be well rubbed with a coarse towel, as previously recommended.

Fresh flannels should then be put on. (This system is practiced by the leading athletes of the day.) The bath invigorates the body and stops all feeling of lassitude and fatigue.

After dressing it is advisable to keep moving about until the pores of the skin are closed and the body is perfectly cooled down to its natural temperature. In a few days the system will have become accustomed to the extra call upon its powers, and you will be enabled to increase both the pace and distance of the morning sweating exercise without feeling any fatigue whatever.

Dinner should be partaken of between one and two o'clock P.M. It should consist of a piece of roast-beef or mutton, about twelve ounces in weight, very lean and not too much cooked, with three boiled potatoes, and a small portion of other vegetables, such as carrots, or string beans, etc., if you be costive.

No vegetables must be eaten, on any account, within a day or so of the match or race. The bread at all meals must be either stale or toasted. Some trainers allow ale to be taken at dinner, but in my opinion tea is much better.

After dinner a rest of at least sixty minutes should be allowed; then take a run or walk, according to what you are training for. One fact should be remembered, and that is, you will not require as much reducing if you are going to run or walk a long race, as you would in the case of a short one.

If you are to walk or run a race of ten miles you should, in your training, cover that distance one day, and five miles the following day, and so on until the day before the event takes place, when almost per-

fect rest should be indulged in. If you are training for a short race, the distance should be covered as often as possible.

On returning from the afternoon exercise, the rubbing down process should be again gone through, but without the bath, and the clothes be changed as before. Bear in mind never to loiter or stand about after exercising, and, above all, never lie down on the ground.

Starting should be practiced, as much depends upon getting well away when the signal is given. Many a pedestrian has lost a race from not attending to this particular point in his training.

Supper should be had at 6 o'clock, and should consist of either a lean mutton-chop, or a broiled chicken or fowl, according to fancy, with stale bread or toast and a pint of good tea without much milk.

If by accident you should take cold, instead of eating meat for supper, take a basin of oatmeal gruel with five ounces of grocers' currants boiled in it, and some dry toast. The gruel is easing to the chest, and the currants act gently on the bowels, but if very costive, take a dose of castor-oil.

On going to bed at 9 o'clock the feet should be washed in alcohol, and goose-grease be well rubbed into the joints. This must be repeated in the morning on rising.

The bed-chamber should be airy, and no one but the trainer should be allowed to sleep in the same room, as more breaths are unwholesome. Particular care should be taken to see that there are no draughts in the room, or you might otherwise catch cold. You should also not be overloaded with covering, as restlessness, and consequently sleeplessness, will result in many cases.

About two hours before the race a light meal is necessary, and after it has digested a rest of one hour in bed is proper, as near where the contest is to take place as practicable, and while your friends are selecting judge, ground, referee, etc., you must keep as quiet and free from excitement as possible.

When the preliminaries and all other arrangements are perfected, you may rise and let your friends give your muscles a brisk rubbing; then rinse out your mouth with a little good sherry, and afterwards with pure cold water. If it is to be a long race, a little toast and sherry, taken a short time before the start, will be a considerable assistance.

The result of the whole training is that the muscular system gains

development, so that the muscles are rendered more prominent and hard and resisting to the touch ; but some of this is more apparent than real, since the fat having been taken away, and the quantity of fluid greatly reduced, the spaces between the muscles are enlarged, the muscles appear more prominently than before.

Not so the case of the athlete educated according to nature, common sense, and the correct principles of the trainer's art. When he is called out to perform his long-expected task, his strength is gathered up, his fully developed muscles are hard as iron, his wind is sound, his tread elastic, his speed great, his flesh firm, his skin fair and clear, his face hard and healthy, though perhaps fine-drawn, his eye bright and sparkling like a diamond—the white a clear blue—and his spirits, accompanied by a proper confidence in his ability to go anywhere and do anything, of the very best.

These are the essentials of perfect condition and of success.

CHAPTER VIII.

WONDERFUL PERFORMANCES.

The progress in running and walking in America during the past ten years is wonderful, and there is more interest now manifested in walking and running than there ever was before.

In 1809, when Captain Barclay, for a wager of 2,000 guineas, walked 1,000 miles in 1,000 hours at Newmarket, England, he was looked upon as a physical wonder, and no one had the least idea that his wonderful performance would ever be equaled.

In 1867, when E. P. Weston, the pioneer of long-distance walking in this country, walked from Portland to Chicago, he also was looked upon as a wonder, and many supposed that his great feat would never be excelled. Weston gained considerable glory afterward by walking 115 miles in 24 hours, and 500 miles in 6 days, etc.

Because these achievements were those of an American, and accomplished in the United States, the English sporting press cried them down. Several of the English experts claimed that it was next to impossible for a pedestrian to walk one hundred miles in twen-

ty-three hours, let alone 500 miles in six days. Weston held the long-distance championship of the world until Chicago turned out Daniel O'Leary.

The rival long-distance champions were brought together in a six days' contest at Chicago. Responsible judges were selected, and the track accurately surveyed. The result was that O'Leary won, and walked 500 miles in less than 144 hours and beat Weston over fifty miles.

Although the time was correctly kept and the track sworn to be a full mile, again the English sporting papers decried the performance and asserted no living man could accomplish the feat ascribed to O'Leary.

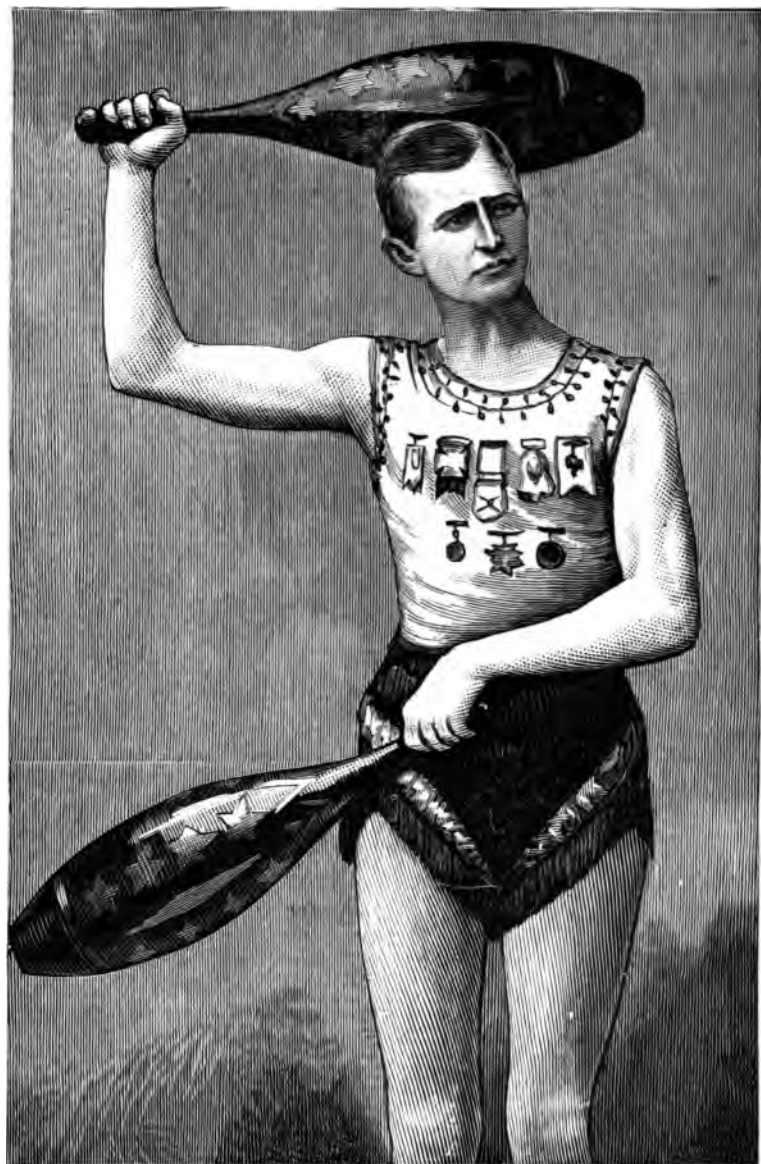
Weston, being no longer an attraction in this country after O'Leary defeated him, decided to "beard the lion in his den," and show the English public that there was a native-born American that could beat the world in long-distance feats of pedestrianism. Weston accordingly went to England and shortly after his arrival he engaged Agricultural Hall for a twenty-four hours' walk, and challenged Tom Perkins, the English champion, to compete against him, agreeing to give Perkins £50 if he defeated him.

The contest took place, and the English champion gave up after walking sixty-five miles. Weston surprised all London by walking one hundred and nine and three-quarter miles in twenty-three hours and twenty-five minutes, a feat never before accomplished in England.

Weston then entered into a forty-eight hour contest against A. Clarke, another English champion, and again did the American bring the English skeptics to their senses. The English champion gave up at fifty-five miles, and Weston covered 188 miles 686 yards in the forty-eight hours.

Weston was now looked upon in England as the only pedestrian living, and Sir John Astley, M. P., owner of the celebrated race-horse Scamp; Captain Wyndham and all the leading members of the Polo and London clubs were among his supporters, and agreed to pit him against any man in the world.

Weston's next effort was to walk 275 miles in seventy-five hours. Rowell, of Cambridge, was sent against him on this occasion to represent Great Britain. Like the rest of the English pedestrians at



GUS HILL,

New York City—Champion Club-Swinger of America.

was a terrific trial of speed and endurance, and O'Leary's, from the 138th to the 242d mile, was the best time on record.

Crossland, in this race, also made the best time on record from 242 miles to 287 miles.

About this period, Sir John Astley, Weston's backer, was induced by the latter to match him to walk with O'Leary a six day's contest for £500. Weston informed Sir John Astley that he could beat O'Leary ten miles in a six days' walk, and that in 144 hours he could cover 510 miles.

For a time negotiations for the great match hung fire, and Weston made the attempt to walk 505 miles in six days. In this contest Weston again surprised the British public by walking 105 miles without a rest, and 115 miles in twenty-four hours, only stopping 18 minutes 10 seconds.

He, however, failed to walk 505 miles in 144 hours, because Sir John Astley didn't want him to. After this Sir John Astley agreed to match Weston to walk O'Leary a 144 hour contest for £1,000.

The idea of these two rival champions being brought together, created much excitement in London. The match was made, and the money posted.

Sir John Astley was confident that Weston would walk 510 miles, and he supposed that he would easily beat O'Leary, who had never walked over 505 miles. The match took place, and over 70,000 spectators assembled to witness the contest.

Sir John Astley took all offers against Weston, and laid £50 to £30, all through the race, that Weston would win. The contest was a desperate struggle. O'Leary won, and accomplished an unprecedented feat in fast walking. He beat Weston ten miles, and in five days, twenty-one hours, and six minutes, walked 519 3-4 miles, 265 yards.

O'Leary gave up walking at 9 P. M. on the sixth day, and had he desired to continue, he could have covered 530 miles in the six days. During the contest O'Leary made the best time on record for all distances from 150 to 226 miles.

He walked 226 miles in fifty-two hours, fifty-nine minutes and thirty-eight seconds. In this match O'Leary also made the best time on record for all the miles walked from 288 to 519 3-4, both inclusive.

His time for the 519 3-4 miles was 141 hours, six minutes and ten seconds, which is the best on record.

Weston also beat all previous records for six days' walking, by covering 510 miles in 142 hours, fifty-four minutes and thirty-eight seconds. Sir John Astley lost over £20,000 by Weston's defeat; but he did not blame Weston, but made him a present of a large purse of money for covering the number of miles he agreed to do in the stipulated time.

O'Leary's unprecedented performance created a great sensation in England, and for once the English sporting press acknowledged that the United States were ahead at long-distance predestrianism.

Soon after this performance O'Leary challenged all England to compete in a six days' walk for \$10,000, but none of the doughty English champions accepted.

With a bank-account of \$50,000, and presents of diamonds, silver plate, etc., O'Leary returned to this country.

On May 17, 18, and 19, 1877, William Vaughan, the hero of the 120 miles in twenty-four hours, attempted to walk 175 miles in thirty-two hours at Manchester, England, and again upset the fastest time on record.

He walked 125 miles in twenty-four hours, thirty-six minutes and thirty seconds, and from every mile from 120 to 173 he made the best time on record. He walked 173 miles in thirty-eight hours, twenty-eight minutes and thirteen seconds, and this performance to-day is the best accomplished.

Another mode of walking and endurance was introduced in England last year, which also created considerable interest, and the wonderful feat accomplished by Captain Allardice Barclay in England, in 1809, put in the shade after remaining on record without being beaten for sixty-eight years.

William Gale, of Cardiff, had been credited with walking 1,000 quarter miles in 1000 quarter hours, and other such feats, which, by the way, have nothing to do with fast walking.

In order to settle the question, a number of prominent sporting men invited the great little man of endurance to come to London, agreeing to give him a large purse if he would walk 1,000 miles in 1,000 consecutive hours, and let them judge the contest.

Gale accepted, and at London, from June 1 to July 12, 1876, ac-

completed the feat. He walked one mile in each hour. The feat was honestly accomplished, and Gale was the sensation for a time.

Gale created a still greater sensation, which put the feat previously accomplished by Captain Barclay and himself in the shade.

He started on August 26, 1877, to walk 1,500 miles in 1,000 hours, for a wager of £500. Everybody seemed to doubt that he would succeed.

Sir John Astley (Weston's backer) was one of his supporters, and laid long odds that he would win.

Gale accomplished the feat, and was pronounced the pedestrian wonder of the century.

Last October Gale walked 4,000 quarter miles in 4,000 consecutive hours, at periods of ten seconds each.

Since then another rival to Gale has appeared in England in the person of William Smyth, the American postman. Smyth recently put all the previous feats of Barclay and Gale in the shade, by walking 2,000 miles in 1,000 hours.

This feat was accomplished at the Rotunda, Dublin, and is the best performance of endurance in walking recorded.

Since the advent of Gale and Smyth in this style of feats of endurance, Weston has also made several efforts with success in this line.

Immediately after the Irish-American's wonderful performance, the managers of the international tournament, in 1876, decided to prove who was the fastest walker in 26 hours in the world. They offered large prizes, and announced that the affair would take place on February 22, 1878. Weston entered, but learning that some of the English champions could walk 125 miles in 26 hours, he decided not to compete.

The performances of the winners in this contest were best on record. Howse made the fastest time on record for 80 miles, covering the distance in 14 hours 27 minutes 10 seconds. Howse and Lewis also beat the best time on record for 100 miles, which had previously been made by Vaughan. Howse won the match and covered 129 miles in 24 hours 20 minutes and 36 seconds—a feat unprecedented in the annals of pedestrianism.

Since, however, wonderful records have been made in six-day pedestrian contests. Frank Hart, a colored pedestrian of Boston, Mass.,

covered 565 miles in six days, and Charles Rowell covered 566 miles in six days. These great performances were accomplished by skilfull training.

We present to our readers the lives of several noted pedestrians, who have accomplished wonderful feats on the tan bark.

CHAPTER IX.

DANIEL O'LEARY.

Daniel O'Leary is an Irishman by birth, and an American by adoption. He was born in Clonakelty on the 29th of June, 1846. In March, 1866, he emigrated to this country. In the early part of 1868 he engaged in selling books and pictures on installments to the poorer classes of Chicago. In 1868 O'Leary, spurred to emulation by the doings of Weston, the father of pedestrianism, hired the West Side Rink in Chicago, and accomplished the feat of walking 100 miles in 23 hours and 17 minutes.

O'Leary then started on a walk in the same building about one month afterwards, and then made a record of 105 miles in 23 hours and 38 minutes. He then challenged Weston, who refused to accept the challenge on the ground that the claim of O'Leary was not sufficiently established as a pedestrian to warrant the challenge. At that time Weston's best short distance record was 200 miles in 40 hours, and O'Leary determined to beat it. Accordingly in September, 1874, he again entered the track, and accomplished 200 miles within thirty-seven hours.

Allowing six months to elapse without participating in any pedestrian contest, he came to New York and walked in a 20 mile contest against Wilson Reid for \$500 a side. Reid was allowed a start of a quarter of a mile, but O'Leary overtook him before the fifteenth mile, and won the race, Reid retiring after the sixteenth mile.

O'Leary's 100 mile race against John DeWitt, in the American Institute Building, New York, September, 1875, deserves to be classified among his regular contests, since DeWitt proved a complete failure from the beginning. O'Leary scored 100 miles in 23 hours and 38 minutes.

In the same month O'Leary made the astonishing record of 116 miles in 23 hours and 13 minutes, at the Chestnut Street Rink, Philadelphia. While this record stood unequalled at the time and was consequently quite remarkable, yet the fact that he never left the track is worthy of special mention.

Until April, '75, O'Leary had never tried his strength and endurance to their utmost extent. He then hired the West Side Rink in Chicago, with the avowed intention of walking 500 miles in 6 days. Few of his friends believed at the time that he would be able to do it. The ground was wet and unsuited for the purpose, and the surroundings generally were discouraging.

O'Leary was determined to accomplish the task, and much to the surprise of his friends he succeeded, having three hours to spare. The enthusiasm evinced at the successful accomplishment of this feat knew no bounds, and eventually found expression in the presentation of an elegant gold medal and a well-filled purse. He finished his walk in the presence of over 5,000 spectators, and was triumphantly driven home in a carriage by his friends.

On the 16th of October, John Ennis challenged O'Leary for \$500 a side to walk 100 miles to Ennis' 90 miles. Ennis left the track on the 68th mile, and O'Leary finished his 100 miles in 18 hours and 53 minutes. O'Leary's time from the 51st to the 76th mile has not been beaten yet.

O'Leary longed to claim the championship of the world. Weston had hitherto held this title undisputed, and even in the face of the fact that O'Leary had beaten his time, Weston insisted on being the only authorized possessor of the distinction. O'Leary's next race was with Weston, six days for \$5,000. The race came off in Chicago, Nov. 15 to 20, 1875, when O'Leary beat Weston, walking 501 1-4 miles in 143 hours, thus settling the vexed question of the Championship.

In April, 1875, O'Leary, then in San Francisco, completed 500 miles in 139 hours and 32 minutes in Horticultural Hall. At the conclusion of the walk he was presented with an elegant gold watch and chain.

In 1876, and previous to his departure for Europe, O'Leary came to New York, and in the American Institute building he completed 500 miles in less than 140 hours, on which occasion his friends presented him with a magnificent medal.

In the meantime the astute, far-seeing Weston, finding that his star had been eclipsed in his native country, and thinking he saw money awaiting him beyond the ocean, had gone to England, and the reports of the excitement which his pedestrian performances in London and elsewhere had created, and the success he had met with, induced O'Leary to follow his example.

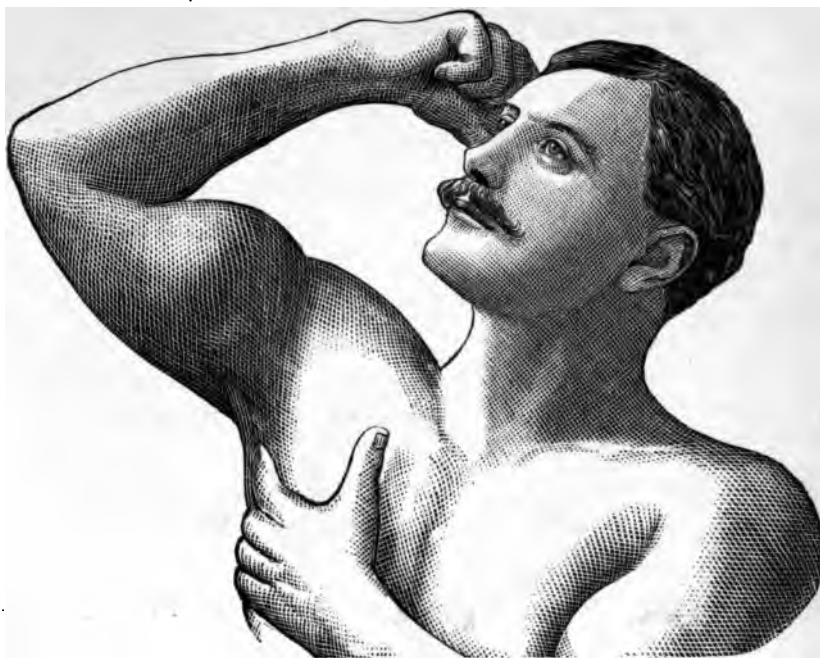
Before venturing across the ocean a second time, however, he gave a six day exhibition at the American Institute building, this city, Aug. 7th to 13, 1876, when he accomplished 500 miles in 143 hours, 17 minutes and 37 seconds.

On August 28th following he was entertained at a banquet at the Union Square hotel, this city, and on the following evening presented with an elegant gold medal by his friends in the First and Seventh wards. Shortly afterwards he sailed for England.

Arriving in Liverpool, Sam Hague, the American minstrel manager, obtained an opening for him to exhibit his pedestrian abilities at Toxteth Park, in an attempt to excel Weston's alleged performance at the same place—500 1-2 miles in six days. He began Oct. 16th, and 14 minutes before time was up on the 21st, the total number of miles scored by him was 502.

He then made a match with Peter Crossland to walk 300 miles for £200, and the contest took place at the Pomona Gardens, Manchester, Nov. 20th to 23d. Crossland gave up after walking 248 miles, and O'Leary was not required to finish, walking 264 miles.

He was next matched with William Howse, same distance, for £200, and this time the American met with defeat, he stopping after going 209 miles, Howse having then completed 241 miles. O'Leary's failure was due to the weakening effects of an attack of diarrhoea, but his style of getting over the ground impressed the Londoners very favorably. The efforts persistently made by O'Leary to get a match with old opponent Weston, who had charged that he had not an equal chance to win in Chicago, were finally successful, articles being signed on January 3, 1877, whereby they agreed to walk six days for £500 a side, the winner also to receive two-thirds of the gate-money, and the loser the balance. Before the date set for this match, O'Leary walked a second time against P. Crossland, 300 miles, for £200, at the Pomona Gardens, Manchester, Feb. 28 to March 3, when he was defeated, retiring after walking 267 miles.



WILLIAM MULDOON,
Of New York—Champion Græco-Roman Wrestler of the World.



CLARENCE WHISTLER,
The Wrestling Wonder of Indiana.

September 30 to October 5, 1878, he defeated John Hughes in a match for the Astley belt, and in 142 hours, run or walk, at Gilmore's Garden, O'Leary covered 403 miles, Hughes, 310. November 6, 1878, he participated in a fifty mile contest at the Exposition Building, Chicago, the proceeds to go to the House of the Good Shepherd. He finished next to Jim Smith, and 10 seconds ahead of George Guyon.

Soon afterwards P. Napoleon Campana, who was erroneously reported to have done a good six days' performance at Bridgeport, Ct., challenged O'Leary to a contest under the Astley belt rules, but not for that trophy, and the champion accepting, a match for \$1,000 was arranged.

It took place at Gilmore's Garden, December 23 to 28, 1878, and O'Leary won easily, retiring at 10 hours 44 minutes and 18 seconds P. M., December 28, with only 400 1-9 miles to his credit, Campana following at 10 hours, 45 minutes and 5 seconds, his score being 357 1-4 miles.

Previous to this, December 2 to 7, O'Leary had walked 400 miles in less than 123 hours and 30 minutes at Horticultural Hall, Philadelphia.

Shortly after the farce with Campana, O'Leary went to Chicago, and from there, by advice of his physician, proceeded to Hot Springs, Ark., for the benefit of his health, and there he remained until unexpectedly called back by the knowledge of the decision in England regarding the time for the next contest for the Astley Belt, which took place at Gilmore's Garden, this city, March 10 to 15, 1879. From this match O'Leary, owing to sickness, withdrew after making 215 miles, 6 laps and 10 yards in 64 hours and 36 minutes.

O'Leary then defeated Peter Crossland, the English champion, at Chicago, for \$5,000 a side, covering 225 miles in a 75 hour walking match. O'Leary's last race was against Weston at San Francisco. The conditions were go-as-you-please, six days, for \$10,000.

O'Leary won easily, covering 516 1-4 miles. Weston, 490 miles. The New York "Daily News" published the following after the contest :

"The result of the race proves that O'Leary can beat Weston, for he has done so every time they have met, first at Chicago, next at London, and last on the Pacific slope. After O'Leary's defeat by Rowell, Ennis, and Harriman for the Astley Belt, nearly everybody asserted

that he was broken down. The "Daily News," however, time and again said that the great pedestrian was not broken down, and that he would prove that fact in some future competition. O'Leary has done so, and beaten an opponent who had the second best record in the world for six days. O'Leary will now challenge the winner of the Astley belt contest in England next month, and in that contest prove that he can beat his San Francisco record."

O'Leary is now 35 years of age, stands 5 feet 8 1-4 inches in height and weighs 146 pounds.

O'Leary, by his straightforwardness, upright manner, fair dealing and benevolence, has gained for himself a name that will ever live in the hearts of the American public. He has not yet finished his pedestrian record, and he may yet surprise the world by a great performance.

O'Leary then arranged a match with E. P. Weston, to walk six days for \$5000. The race was decided at San Francisco, Cal., and O'Leary won.

O'Leary then came out with the following card :

WHY O'LEARY OFFERED THE BELT.

NO. 395 OAKLEY STREET,
CHICAGO, ILL., MARCH 31, 1879.

Having in 1874, 1875, and 1876 beaten all Americans with whom races could be arranged, and my repeated challenges to the world receiving no answers, I went to England and offered to meet any British pedestrian in a six day race at his own home. No Englishman accepted, and the solitary response came from the well-known American, E. P. Weston. We walked in London, April 2 to 7, 1877. My record in this match, from 174 to 226 miles, and from 288 to 520 miles, is still the best in the world for walking, and, although Mr. Weston was beaten ten miles, his time from 288 miles to 510 miles have never been beaten by an Englishman.

No more matches could be made, and I returned to this country, leaving behind me the record that, in April, 1877, two Americans competed in London, England, for the six-day walking championship of the world ; that no Englishman thought himself good enough to enter the race, and that England allowed this championship to go by default and be forfeited without a struggle.

Satisfied that it was impossible to beat us at long distance walking Englishmen invented the style of progression called "go-as-you please," and Sir John D. Astley offered a challenge belt emblematic of the long-distance pedestrian championship of the world. I entered in the first contest for this belt, March 18 to 23, 1878, against seventeen Englishmen, and was fortunate enough to win, with a score of 520 1-7 miles, only one quarter of a mile more than my record for fair walking. Vaughan, a walker, was second, with 500 1-7 miles, while Brown and Corkey, runners, were third and fourth, at 477 2-7 miles and 405 4-7.

In my opinion Vaughan and myself beat Corkey and Brown, not because walkers can be runners, but because this was the first race of the kind and the runners had not yet mastered the game.

Soon afterward Sir John D. Astley offered another belt for the long-distance championship of England, and the first race took place, October 28 to November 2, 1878, with twenty-three starters. By this time the runners had learned to travel six days, and they made a clean sweep.

W. Corkey, a runner, won at 521 2-7 miles, almost a mile better than my best record. "Blower" Brown, another, was second, with 505 3-7 miles, and C. Rowell, who needs no introduction to Americans, was third, at 469 1-7 miles.

In the recent race at Gilmore's Garden, Rowell, a runner, won at 500 miles; Ennis, another runner, was second, at 475 miles; while Harriman and myself, walkers, were third and fourth, at 450 miles and 218 miles. I was unfortunately in poor condition, and unable to do myself justice; but if I had been as well as ever in my life Rowell would probably have beaten me.

I have always thought that, when well trained and in good health, I could walk 540 miles in six days, and have repeatedly offered to wager large sums of money on such a performance. But I also believe that a runner can go more than 540 miles in six days, and that no walker will ever again win a six-day race from good runners.

My present physical condition compels me to retire from pedestrianism for a time, possibly forever. But if I should regain my former health and strength, and again enter the arena, my races would be confined to walking, and I would never compete against runners, because I think the task is hopeless.

I won in England the belt representing the long-distance pedes-

trian challenge championship of the world, and brought it to this country. Mr. Rowell came here, beat me, and took it home again. I am satisfied, acknowledge myself fairly beaten, and shall never try for the belt again; but there are, no doubt, in this country many men, younger and stronger than I who are both able and willing to win back this lost championship.

I am now a retired veteran, entitled only to the empty honor of being called ex-champion, but am still eager as ever to maintain the standard of American pedestrianism, and extremely anxious to find a man who will fill, and more than fill, the position which I have been forced to resign.

If we can outwalk Englishmen we can also outrun them, and there are in this country as good men as in any country under the sun. All that we need is time to learn the game and practice to make us perfect. For the purpose of promoting six-day running in America, of encouraging and rewarding our best pedestrians, and of developing a new champion of the world, I offer the belt, whose conditions are published below.

I earnestly hope that the first race for the belt may be made memorable by a "best performance on record in the world;" and with this end in view suggest to American pedestrians that they would act wisely during the six months between now and next October by making all their races "go-as-you-please," and thus learn as soon as possible the game which is to supersede long-distance walking.

The date of the first race for this belt has been postponed until next October, and six months' notice been given, because there are now in America no runners experienced in six-day traveling, and it is useless to give such races until we have men fit to go the distance and make a good record.

As an additional incentive to American pedestrians, and with the intention of encouraging them to practise running instead of walking, I hereby distinctly promise that if the winner of the first or any future race for the belt shall be an American, and shall equal or come within a few miles of the best English records, I will at my own expense send him to England to compete for the Astley Belt and pay the necessary £100 stake money.

The contests for this belt are sure to produce, sooner or later, an American champion superior to all his predecessors, and when this

10. No share of the gate money shall be given to any competitor who does not travel 450 miles.

11. All necessary and reasonable expenses shall be paid from the gate money, and the remainder shall be divided among those competitors who go 450 miles or further, in accordance with the following rules: If only one man finishes 450 miles he shall take all. If two men, the division shall be two-thirds and one-third. If three men, four-sevenths, two-sevenths, and one-seventh, and for all other numbers the division shall be on the same principle, each man receiving twice as much as the next behind him.

12. The holder must deliver the belt to the stakeholder ten days before the date of the race.

EDWARD P. WESTON.

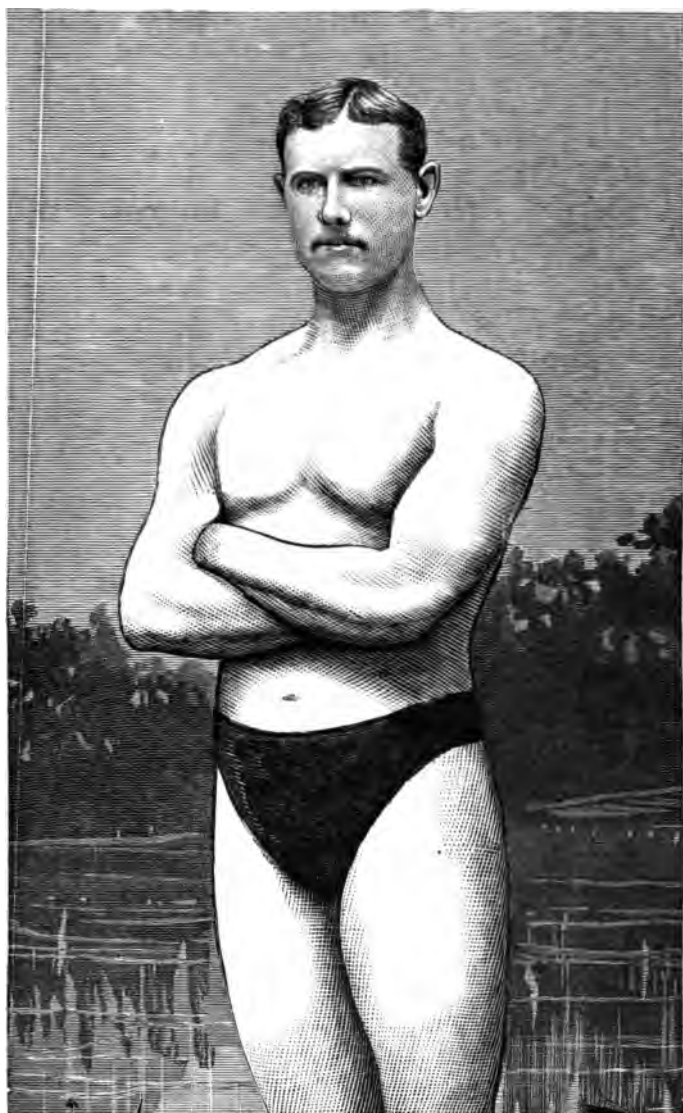
The great international pedestrian match for the Astley Championship Belt at Agricultural Hall, London, England, to the surprise of nearly every one on both sides of the Atlantic, resulted in an overwhelming victory for American pluck and endurance, as exemplified by Edward Payson Weston.

Weston's great victory brings public attention to the origin and progress of long-distance pedestrianism. The following review will show how Weston, the triumphant American, taught England's sons to excel in long-distance pedestrian feats, and then, after they supposed he was their inferior, to defeat them and accomplish a wonderful performance.

In 1867, when Weston, the pioneer of long-distance walking in America, walked from Portland to Chicago, he was looked upon as a wonder, and many supposed his great feat would never be excelled. Weston gained considerable glory afterward by walking 115 miles in 24 hours, and 500 miles in 144 hours, a feat which 15 years ago was looked upon as impossible.

Because these achievements were done by an American and in the United States, the English sporting press and athletic clubs cried them down.

Weston held the long-distance championship until O'Leary claimed recognition. The rival long-distance champions were brought together in a six-day contest for \$2,000 and the championship of the world at



DUNCAN C. ROSS,
Champion Athlete of Canada.



MISS LIZZIE MOWBRAY,
The famous Club-Swinger and Athlete.

and he supposed that he could easily beat O'Leary, who had never walked over 505 miles.

The match took place at London, and 70,000 spectators paid to witness the race. Sir John Astley took all offers against Weston, and laid £50 to £30 all through the contest. O'Leary won, and placed on record the fastest performance to that time ever made in six days. He beat Weston by ten miles, and in 5 days, 21 hours, 6 minutes, walked 519 1-4 miles 265 yards.

O'Leary gave up walking at 9 p. m. on the sixth day, and had he desired he could have covered 530 miles. O'Leary made the best time on record for all distances by walking from 150 to 226 miles. In this match O'Leary also made the best time on record for walking from 288 to 519 1-4 miles. Weston also beat all previous records for six-days' walking, by covering 510 miles in 142 hours, 54 minutes, 34 seconds. Sir John Astley lost over £20,000 by Weston's defeat, but made him a present of a large purse of money for covering the number of miles he had agreed to do in the stipulated time.

In the meantime running and walking contests, or "go-as-you-please" matches were inaugurated by Sir John D. Astley, and Weston, who at that time could not run, failed in all the tournaments that followed. After Rowell won the belt in New York, Weston decided to make one grand effort to take it back to America. He practised running, entered in the April tournament and covered 450 miles with ease, and entered the contest for the Astley belt, determined, if possible, to win, and he succeeded in beating the English champion, who had made the best record in the world.

June 15 to 21, 1879, London, Eng., fourth competition for the championship of the world, make-the-best-of-your-way, Weston defeated Blower Brown, Ennis, and Harding, covering 550 miles, beating all the previous records for six days. Weston brought the belt to America, and was challenged by Charles Rowell to again compete for the Belt and the World's Championship.

The American champion accepted, and the race took place at Madison Square Garden. Weston had numerous difficulties to contend with, and was out of condition. He was defeated by Rowell, Merritt, Hazael, Hart, and Guyon, who came in as placed, while Weston was sixth. Weston covered 450 miles and was paid \$1,950, but the track was short, and he only covered 449 miles 7 laps.

Weston then challenged O'Leary to run and walk a six-days' match for \$5,000. The race took place at San Francisco, Cal, March 8 to 13, 1880. O'Leary won, covering 516 miles. Weston covered 490 miles. Weston, like O'Leary, is one of the pedestrian wonders of the world.

CHARLES ROWELL.

Charles Rowell, born in Chesterton, Cambridgeshire, August 12, 1853; height, 5 ft. 6 in.; weight, about 10st. He has performed well in several branches of athletic and aquatic sport. In the year 1874 he met and vanquished Harry Clasper for the aquatic championship of the Isis. Same year defeated John Logan, of Cambridge, over the Cam. championship course, and he has won several minor races on the Thames above Teddington.

He has been employed at several boathouses, viz., at Searle's, the University Boat Yard at Cambridge in the winter, and in the summer at Maidenhead, looking after the boats of the officers of the Guards. One of his earliest pedestrian successes was winning an open mile race in 1872, at Taplow, Buckinghamshire. Easter Monday, same year, he won a half-mile race. His next encounter was with Donald Lonsby, from whom he received fifteen yards' start in 880, and won. This took place on the Cambridge road in 1873.

On the Easter Monday following he met Donald Lonsby on level terms, and was defeated. The same year he run Barber on the Trumpington road two miles, and won. He was next matched to cover nine miles and a half in the hour over the Harston road, Cambridge. He had to run through a snowstorm and ankle deep in slush, but won easily.

July 3, 1874, he beat W. Shrubsole, in a nineteen mile race, after a grand struggle. Time, 1 hour, 57 minutes. In a six hours' race with H. Vandepeer, of Sittingbourne, he won, doing thirty-two miles in four hours. He also has been successful in a number of minor half-mile races. In March, 1876, he started against E. P. Weston in one of his Agricultural Hall walks, when he went 175 miles.

Last Easter Monday he won a half-mile handicap at Fenner's Grounds, Cambridge. His next attempt was in the contest at Agricultural Hall, London, last October, for the Long-distance Championship Belt of England (given by Sir J. D. Astley), in which he finished third,

with 470 miles and one lap to his credit, beating Ennis, Hibbert, Courtney, and others. This event was won by Corkey, Blower Brown being second.

After this, Rowell journeyed to America to try and bring back the world's belt, held by O'Leary, and was successful. The race came off at Madison Square Garden, New York, March 10 to 15, 1879. Rowell won easily with a score of 500 miles 180 yards in 140 hours; John Ennis was second (475 miles), and Charles Harriman third (450 miles 3 laps).

In the next contest for the belt, June 16 to 21, 1879, at the Agricultural Hall, Islington, Rowell, through an injury to his foot, was unable to start, and the race resulted as follows: E. P. Weston, 500 miles in 142 hours, first; Brown, second. R. Harding also started but did not finish. Weston carried the belt back to New York in triumph, and Rowell again crossed the water to recover the trophy, and once more won easily.

The race came off at Gilmore's Garden, N. Y., September 22 to 27, 1879, and the score at the finish stood as follows: Rowell, 530 miles in 140 hours, first; Merritt, 515, second; Hazael, 500.1, third; Hart, 482, fourth; Guyon, 471, fifth. Score of the others: Weston, 455.2; Ennis, 450.2; Khroné, 450.1; Taylor, 250; Ferdermeyer, 438; Jackson, 232; Panchot, 206; Dutcher, 23. Rowell has held the belt since that time.

In November, 1880, at London, England, Rowell won the Astley Belt, beating George Littlewood, "Blower" Brown, of England, and Harry Howard, John Dobler, and William Pegram, of America. Rowell covered 566 miles, beating the best six-day performance on record.

Rowell passed all records at about 8 hours, was ahead of all former performances at 14 hours by 9 miles, 16 hours by 11 miles, at 21 hours by 17 miles, at 26 hours by 25 miles, at 33 hours by 22 miles, at 38 hours by 25 miles, at 71 hours by 22 miles, at 94 hours by 24 miles, at 83 hours by 9 miles, at 85 hours by 15 miles, at 87 hours by 13 miles, at 90 hours by 17 miles, at 86 hours by 11 miles, at 98 hours by 11 miles.

At 105 hours Rowell was one mile behind Frank H. Hart, the colored pedestrian's record; at 109 hours, 2 miles; at 110 hours 2 miles; at 112 hours, 4 miles. At 119 hours Rowell was again one mile ahead of former scores, and at 122 hours was just even with them. At 133

hours he was 11 miles behind Hart's record, and at 136 hours was 8 miles behind.

Rowell remained behind until the end of Hart's record, which was 565 miles 165 yards in 141 hours 24 minutes 30 seconds, but remained on the track 16 minutes later and thus reached a total of 566 miles in 141 hours 40 minutes.

"BLOWER" BROWN.

Henry Brown was born in Fulham, England; he stands 6 feet 6 inches in height, weighs 133 lbs., and is the recognized long-distance champion of England.

He won the first prize, a time-piece, in a one-mile handicap, at Garratt Lane, Wadsworth, December 1, 1862. With a six and a half minutes' start, he took third prize, £1.10s, in a ten-mile handicap at the Canterbury Rural Fete, May 26, 1863. Ran ten miles in 59 minutes, 10 seconds, winning £10 by twelve seconds, West London Cricket Ground, Old Brompton, February 29, 1864.

Beat Toddy Ray and Joe Spencer in a twenty-mile sweepstakes of £5 each, West London Cricket Ground, Old Brompton, April 4, 1864. With five minutes' start, won the first prize in a ten-mile handicap at the Canterbury Rural Fete, May 17, 1864.

Beat W. Richards, the Welshman, who gave him two minutes' start, in a ten-mile race for £20 a side, at Hackney Wick Grounds, August 8, 1864. With three and a half minutes' start, got third prize, 3 pounds, in a ten-mile handicap at the North Woolwich Gardens, October 1, 1864.

Beat A. Smith, known as "Steepprock," the North American Indian, fifteen miles, for 15 pounds a side, time, 1 h. 30 m. 25 s., at West London Cricket Ground, Old Brompton, October 3, 1864. With five minutes' start, won 20 pounds in a twenty-mile handicap, time, 2 h. 4 m., at Hackney Wick Grounds, October 10, 1864. With 440 yards' start, got third prize in a five-mile handicap at Hackney Wick Grounds, November 7, 1864.

Beaten by W. Jackson, the "American Deer," who had two and a half minutes' start in ten miles, for 20 pounds a side, at Chalk Farm Grounds, June 6, 1865. Beat R. Manks, who had 450 yards start in ten miles, for 20 pounds, at the Little Arms, Old Brompton, April 2, 1865.

Ran from M. J. Smith's, the Manor Tavern, Chiswick, to Mr. G. Welsh's booth adjoining the grand stand at Epsom, in 1 h. 54 m., winning 10 pounds by 6 minutes, May 27, 1868. Beat W. Mills, who gave two minutes' start in ten miles, for 15 pounds a side, at Bow Grounds, November 30, 1868.

Beaten by B. Vincent of Richmond, who had fifty yards' start in one mile, for 5 pounds a side, Star Grounds, Fulham, September 12, 1870. Beat R. Vincent, two miles for 5 pounds a side, time, 10 m. 5 s., Star Grounds, Fulham, October 29, 1870. Beaten by G. Stephenson, of Batterson, who gave fifty yards' start in two miles, for 10 pounds, Star Grounds, Fulham, October 29, 1876.

Beaten by G. Stephenson, again when in receipt of fifty yards' start in two miles, Star Grounds, Fulham, December 9, 1875. With six minutes' start got third prize, 2 pounds, and 1 pound 5 shillings, for beating fifty-six minutes in a ten mile handicap, Little Bridge Grounds, December 26, 1878.

He also won a quarter mile handicap at Tumbridge Wells. Barrow match, twenty miles, Sunbury Common; Barrow match, ten miles, West London Grounds, Old Brompton. Beat Toddy Ray, fifteen miles, level; also beat "Steeprock," the Indian, fifteen miles, and others. First race for the Astley belt, Agricultural Hall, London, March 18 to 23, 1878—O'Leary, 520 1-4 miles; Vaughan, 500 1-9 miles; Brown, 477 2-7 miles.

Failed to gather 100 stones in 40 minutes, for 5 pounds a side, and a "spread" at the Star Grounds, Fulham, April 23, 1878. Six Days' Championship of England, Agricultural Hall, London, October 28, to November 2, 1878—Corkey, 520 2-7 miles; Brown, 505 2-7 miles.

Same place and for same trophy, April 21 to 26, 1879—Brown, 542 1-4 miles. Second race for the Astley Belt, same place, June 16 to 21, 1879—Weston, 550 miles; Brown, 453 miles.

Brown started in the first contest for the O'Leary Belt, and gave out at 42 miles. In England he started for the Astley Belt, and defeated Hazael and Day, covering 553 miles, beating all previous records; time, 140 h. 31 m.

WILLIAM PEGRAM.

William Pegram, a colored gentleman, born in Virginia; height, 5 feet, 5 inches; thirty-five years old; weight, 150 pounds. Competed in two six days' races—first race scored 527 miles; second, 543 miles.



MISS CARRIE DAVENPORT,

Well-known Western Club-Swinger.

On April 22 to 27, 1878, at Central Park Garden, New York, he attempted to walk 520 miles in six days and failed, only covering 390 miles. At Newark, New Jersey, he again attempted the feat but failed, but he succeeded in leaving 500 miles behind him.

Hughes then challenged Daniel O'Leary to compete for the Astley Belt, which trophy O'Leary had brought from England. The match was arranged and the contest was decided at Madison Square Garden, September 30 to October 5, 1878. Hughes was defeated, and only covered 310 miles. Hughes was trained by Joe Goss the English pugilist. Hughes was improperly trained, and made a failure. O'Leary won easily.

At the same place, December 22 to 27, 1872, in the race for the Rose Belt, he traveled 520 1-8 miles, in 142 hours, 18 minutes, 50 seconds. In 1880, at Philadelphia, April 26 to May 1, 72-hour race, 12 hours each day, on a 16-lap track, he scored 404 7-16 miles; and at Cincinnati, Ohio, May 16 to 24, in a tent, 14 laps to the mile, 100 hour race, 12 1-2 hours per day, intended to be eight days, but really nine days on account of interruption by storm, he traveled 548 miles.

The reason of Hughes' failures were not owing to his speed or endurance, but to his trainers, who were men totally unfit to train a pedestrian.

When the O'Leary International six-day pedestrian belt was offered, Hughes was entered in the race by Richard K. Fox, the proprietor of the "Police Gazette." Up to the time of the start no one was aware that the "Police Gazette's" Unknown was John Hughes.

The contest began at the American Institute, New York, on January 24, 1881. Thirty pedestrians started. Hughes was trained by the author, and Richard K. Fox, proprietor of the "Police Gazette" furnished everything that was required.

Hughes won the race, beating all the six-day records made up to January, 1881, and covered over 568 miles in less than 142 hours. He was then presented with the champion belt of the world and \$4,200 in cash.

His backer, Richard K. Fox, refused to keep any of the winnings which were paid to Hughes. Shortly after Hughes won the trophy his backer offered to match him against Rowell for \$5,000, and the championship of the world, the proprietor of the "Police Gazette" at the same time posting \$150 forfeit.

WILLIAM E. HARDING,
SPORTING EDITOR OF THE "POLICE GAZETTE," AND
EX-CHAMPION PEDESTRIAN AND BICYCLE RIDER.

William Edgar Harding, the author of this work, was born in Canada, on June 6th, 1848. His father was a Canadian and his mother of Irish descent. Since childhood he exhibited great powers as a pedestrian, and has always been a lover of this sport.

While at school he was noted for arranging running and walking matches among his schoolmates, many of whom continue their early sport and keep up the friendship formed many years ago. Mr. Harding is well known in sporting circles all over the country as an accomplished and thorough athlete, and has been made famous through his various exploits.

From 1863 to 1869 he was the champion runner from one to ten miles distance, and also held the championship as a fifty-mile walker up to the month of January, 1879. He was competitor for the title four times, winning three trials.

As a bicycle rider Mr. Harding has attained the highest place, being acknowledged as the champion for three years, respectively—1870, '71, and '72. Since 1867 he has been the sporting editor of the New York Daily and Sunday "News," whose columns are regarded as a high authority on all sporting matters, and embrace all the athletic sports of the day.

He has been a correspondent of the Boston "Herald" and "Globe" and the Philadelphia "Item," and has furnished valuable articles to all the papers he has represented, having witnessed every prize-fight since 1868, and was in many cases the referee in important running races, wrestling matches and prize-fights. Mr. Harding's knowledge of field sports gives him a forward position as a journalist, while his experience as an athlete is unsurpassed if not unequalled.

On June 4th, 1880, he was engaged by Richard K. Fox, proprietor of the "Police Gazette," to fill the important position of sporting editor of that journal.

Harding is the author of several noted sporting books, viz.; "Champions of the American Prize Ring," "The Heroes of the Prize Ring," "The American Prize Ring, Its Heroes, Its Battles, and Its Wrangles, from 1812 to 1880," "The Athletes' Guide," "Fun Among

the Fancy," "Hard Cases of New York," "The Life of Edward Hanlan," the "Pedestrian Manual," "Fistiana's Heroes," which embrace the lives of fifty noted pugilists, etc.

All these books are published by Richard K. Fox, the proprietor of the "Police Gazette."

The following are some of the noteworthy athletic contests he has figured in :

August 17, '71, Fifteen mile bicycle race between W. C. McClellan and Wm. E. Harding, Empire Rink, New York. McClellan won in 1h. 6m. Harding, 1h. 7m.

August 30, '72, Harding won second prize in 4 mile walk at Deerfoot Park, L. I., Wm. Brown coming in first. Brown, 32m.; Harding, 32m. 40s.; William Kilbride third, J. Healy fourth, William Jarvis fifth.

August 27th Wm. Brown and Harding walked four miles, for \$500, at Deerfoot Park, L. I. Brown allowed Harding 440 yards start. Brown won.

Middletown, N. Y., Aug. 31, Harding defeated James Adams in a half-mile heats match. Adams won the first in 3m. 25s.; Harding won the second and third heats in 3m. 28 1-4s. and 3m. and 34 1-2s.

November 29, '74, Harding was matched to walk Edward Mullen of Boston, four miles, for \$500 and the championship of America. The race took place at Beacon Park, Mass. Wonderful time was made by both. Harding won by a few yards in 31 minutes. Fastest mile, 7min. 4sec.

At New York, Feb. 18, '75, Harding was defeated by Edward Mullen in a ten-mile race for the championship and \$500. Time, 1 hour 27 minutes.

At Yonkers, N. Y., May, '75, Harding was again defeated by Mullen in one-mile heats for a purse.

On May 20, '75, Harding was matched to beat the time made by James Gordon Bennett in his race with John Whipple for \$5,000, from 38th street to Jerome Park. Bennett's time was 1h. 46m. 49s. Harding had to walk the distance in 1h. 31m. He lost, by the roads being in bad condition. He covered the distance, 11 miles, in 1h. 37m. 32s. His backer doubled the stakes to \$500, and on June 19, '75, he walked the distance in 1h. 28m.

December, '75, Harding allowed Geo. E. San Garde, an English pe-

destrian, 10 minutes' start in a walking match from Jersey City to New Brunswick, a distance of 34 miles. Harding won in six hours thirty minutes.

March 10, '75, P. T. Barnum offered Harding a purse if he could walk 50 miles in 10h. 30m. He allowed Lola Parshall, of Rochester, 20 miles' start. Lola covered the 30 miles in 8h. 28m., and Harding won the purse by walking 50 miles in 9h. 38m.

Harding then challenged any man in America to walk 50 miles for \$1,000 and the championship. No one accepting, he was matched to walk 100 miles against Geo. B. Coyle. The race took place at the Empire Rink, N. Y. Coyle walked 78 miles, when he gave up; Harding walked 78 1-2 miles, and won the race.

At Elm Park, July 4, '75, Harding won a one-mile match against 8 competitors. Time, 7m. 58s.

Aug. 16, '75, he won second prize in a two-mile match, Jones' Woods, being beaten by Ed. Wigzell.

Hempstead, L. I., Aug. 27, '75, he won a one-mile champion medal, mile heats. He came in last in the first heat, but won the second, third and fourth heats. Time, 7m. 26s., 7m. 54s., and 7m. 55s. In October, '75, Harding challenged Wm. Perkins, the English champion, or any man in England, to walk 50 miles for £500, a home and home match, one to be decided in London, the other in New York. Perkins stipulated that one should be walked in Canada and the other in London. This did not suit Harding's backer, and the match fell through.

On December 18, '75, Harding was defeated in a five-mile bicycle race by Prof. McClellan and A. P. Messenger.

Harding was then matched to ride a 26 hour race against A. P. Messenger for \$500 and the long-distance championship. Messenger won, beating Harding by two miles.

In May, '76, he entered the international long-distance tournament in Chicago. He led the 12 competitors for 50 miles, and after walking 76 miles retired with blistered feet.

On March 27, '77, Harding defeated J. Stubbs in a fifty mile walking match for \$500. He allowed Stubbs one mile start. Harding gained the mile after walking thirteen. On the 30th mile Stubbs gave up, when Harding was 3 miles ahead. He walked the 33 miles in 6h. 22m.

Harding then rode a 5 mile race against Wm. De Noielle for the bicycle championship of America. The race took place at Gilmore's Garden, N. Y., November, 1876. De Noielle won, time, 19m. 4s.; Harding, 19m. 43-4s.

Harding then defeated De Noielle in a 3 mile race for the championship. Time, 11m. 1-4s.; De Noielle, 11m. 3-4s.

On December 7, '76, Harding issued a challenge to ride any man in America 25 miles for \$1,000 and the championship, but no one accepted.

At Rutland, Vt., April 10, '78, Harding defeated Christopher Rice for \$500 and the championship of America. Rice gave out at 40 miles. Harding covered the 50 miles in 9h. 2m.

On June 1, '78, John Ennis issued a challenge to walk any man in America 100 miles for \$250 a side and the championship. James McCloud, of New York, and Dr. L. C. Thomas, accepted the challenge and matched Harding against Ennis. The race came off at the American Institute, New York, June 24, 1878. Harding was taken sick the day before the race and Ennis won as he pleased.

On June 28, '78, in a match against time for \$500, Harding attempted to walk from 30th street and Broadway to Jerome Park in 1h. 40m. and won.

At Albany, N. Y., Oct. 21, '78, Harding defeated Wm. McCann in a 50 mile walking match for \$500 and the championship of America.

At New York, April, 1879, Harding was defeated by E. C. Holske in a 25 mile walking match for a purse. Harding stopped at fifteen miles.

At New York, May, 1879, Harding competed in the 75 hour bicycle tournament, fell and was unplaced.

Harding trained O'Leary in all the races in which he figured in New York. He also trained John Hughes, the *POLICE GAZETTE's* entry for the O'Leary International Six-Day Champion Belt of the World, when Hughes made the great score of 563 miles in less than 142 hours.

RULES GOVERNING THE SECOND O'LEARY INTERNATIONAL BELT.

1. Each successive race for the belt shall be a sweepstakes of \$100 for each contestant.

2. The belt shall be subject to challenge from any man in the world.

3. Challenges must be sent to the temporary stakeholder, accompanied by \$100.

4. Challenges shall date from the day of their receipt by the temporary stakeholder, and the holder of the belt must arrange a race with the first challenger.

5. The holder of the belt must name date and place, sign articles, and deposit his \$100 sweepstakes within four weeks from date of challenge.

6. The day named by the holder for starting the race must be not less than one month or more than three months from date of challenge, except by consent of donor.

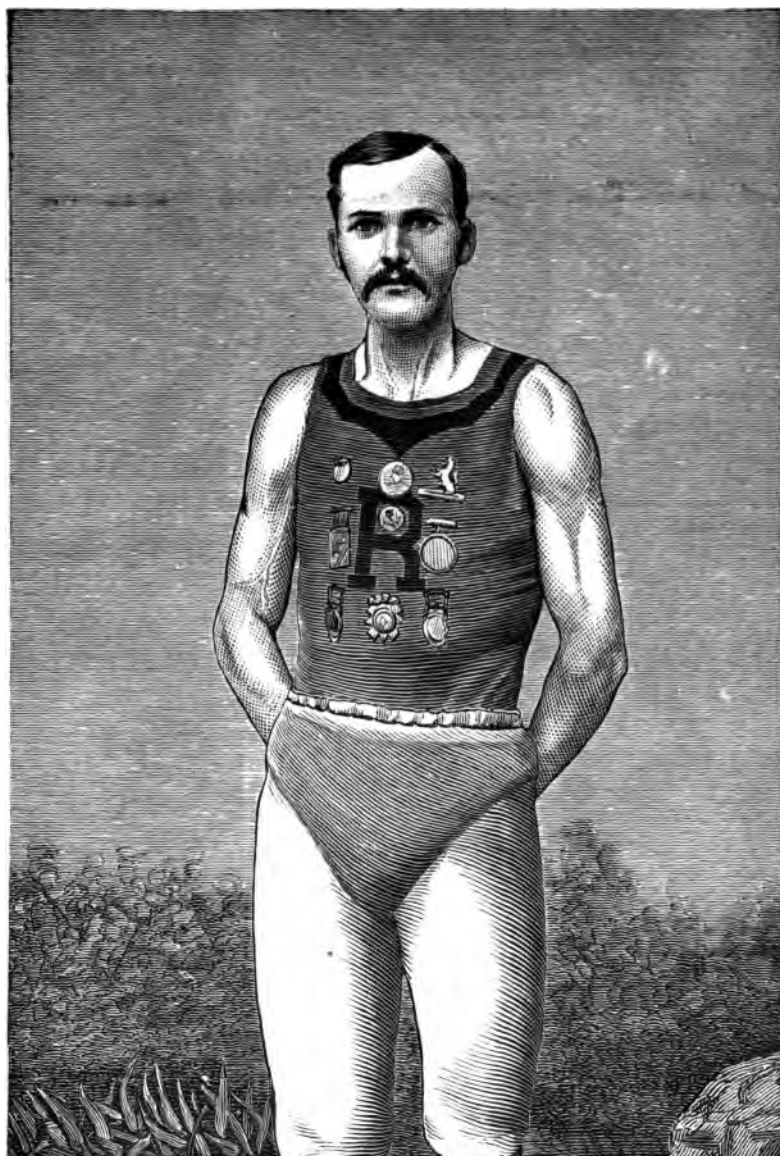
7. The holder may claim any city in the world as the place for the race.

8. After a match is made, any person may join in the race by signing the articles and depositing \$100 sweepstakes money with the temporary stakeholder four weeks before the date set for the commencement of the race.

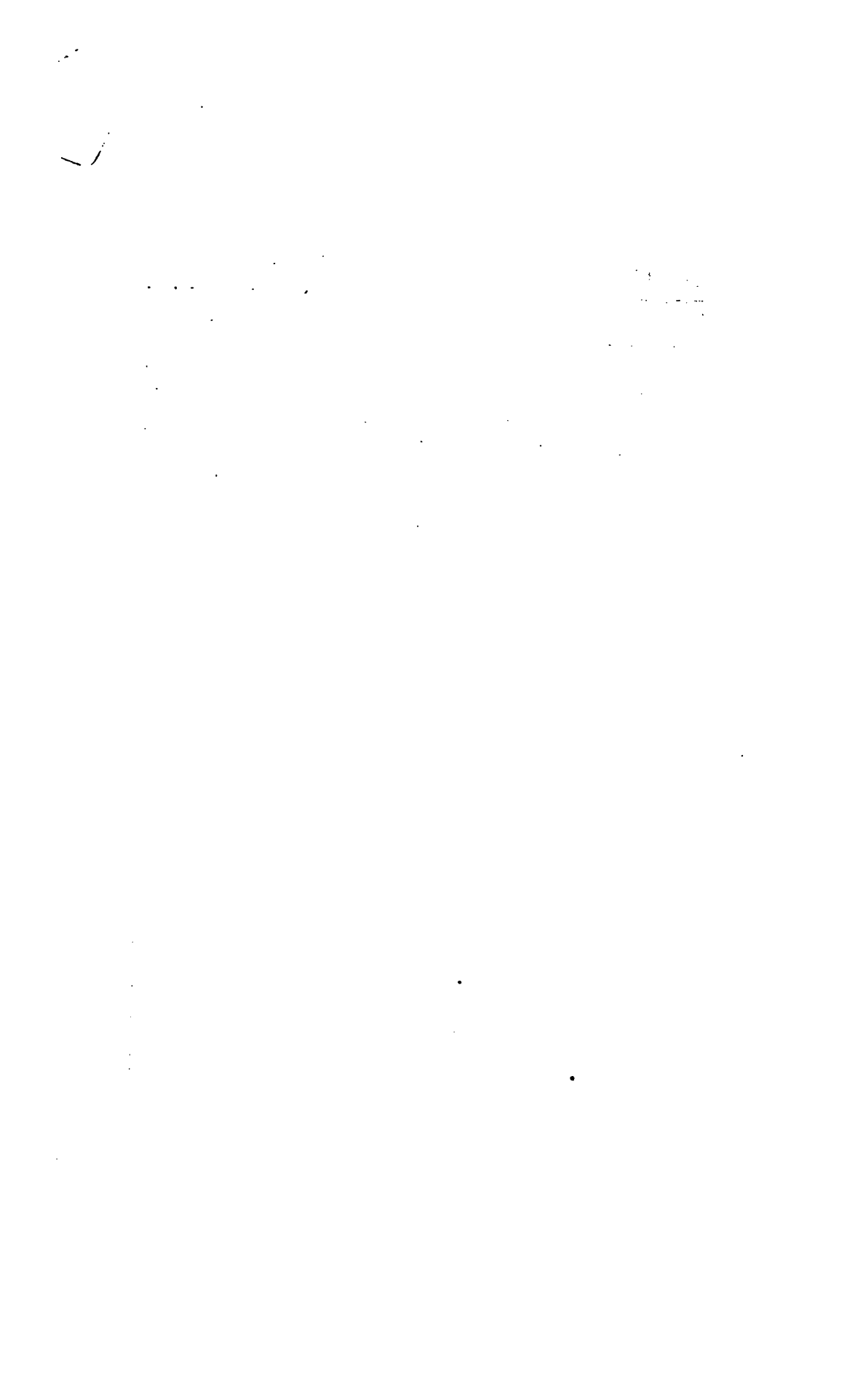
9. The winner must give to the stakeholder satisfactory security for the safe keeping of the belt and its prompt return when called for.

10. No share of the gate money shall be given to any competitor who does not travel 480 miles.

11. All necessary and reasonable expenses shall be paid from the gate money, and the remainder, with the sweepstakes money added, shall be divided among those competitors not exceeding five, who go 480 miles or further, in accordance with the following conditions: If only one man finishes 480 miles he shall take all. If two men, the division shall be 50 per cent., 30 per cent. and 20 per cent. If four men, 40 per cent., 30 per cent., 20 per cent. and 10 per cent. If five men, 40 per cent., 25 per cent., 17 per cent., 10 per cent., and 8 per cent. Every contestant except the five sharers in the gate-money who covers 480



A. C. REED,
Of Hamilton, Ont—Famous Canadian Athlete.



Third Race for the O'Leary Belt at Madison Square Garden, New York City,
February 28 to March 5, 1881.—Continued.

Hours.	Ahead of Best Previous Records.		Behind Best Previous Records.		First.	Miles.	Yards.	Second.	Miles.	Yards.	Third.	Miles.	Yards.
	Ms.	Yds.	Ms.	Yds.									
57	17	566	Panch't	263	440	Sulliv'n	250		Krohne	242	660
58	17	1,509	"	267		"	253	1,540	"	247	220
59	16	314	"	272	440	"	258	1,320	"	251	1,540
60	16	1,509	"	277		"	263	1,100	"	256	220
61	17	1,163	"	281	1,100	"	268	440	"	261	220
62	17	1,666	"	286	220	"	272	1,540	"	264	660
63	18	63	"	291		"	277	880	"	269	220
64	20	1,194	"	293		"	282	880	"	274	
65	19	137	"	297	1,100	"	287	440	"	278	
66	19	566	"	302		"	291	1,100	"	282	660
67	19	692	"	306	880	"	296		"	286	660
68	19	566	"	311	440	"	300		"	290	660
69	19	880	"	315	880	"	303	1,320	"	294	1,540
70	19	534	"	320	220	"	308	660	"	298	1,540
71	15	1,320	"	324	440	"	312	440	"	300	365
72	12	1,595	"	327	165	"	317	165	"	300	365
73	12	1,595	"	327	165	"	317	165	"	301	880
74	15	189	"	327	1,320	"	317	165	"	305	1,320
75	10	1,226	"	332	1,540	"	320	660	"	309	660
76	6	346	"	337	660	"	324	660	"	312	1,540
77	3	63	"	342	440	"	329	1,320	"	316	1,320
78	4	63	"	345	440	"	332	1,320	"	321	
79	3	911	"	350	1,100	"	338	220	"	325	
80	3	1,226	"	354	1,540	"	342	660	"	329	220
81	1	880	"	359	880	"	346	660	"	333	440
82	1	"	364		"	350	1,540	"	337	220
83	1	94	"	367	660	"	355	1,320	"	341	440
84	2	377	"	371	880	"	359	1,540	"	343	440
85	2	1,006	"	376	880	"	363	1,320	"	346	1,540
86	1	1,603	"	381	660	"	368		"	351	660
87	1,383	"	384	880	"	373		"	356	440
88	1	659	"	388	1,540	"	377		"	360	1,320
89	943	"	393	1,320	"	381	1,540	"	364	220
90	1,570	"	398	440	"	383	220	"	367	1,320
91	"	403	1,540	"	388	1,540	"	371	880
92	1	1,163	"	409	220	"	394	220	"	373	1,100
93	2	597	"	413	1,100	"	396		"	373	1,265
94	3	661	"	418	1,100	"	400	440	"	373	1,265
95	4	165	"	420	165	"	403		"	373	1,265
96	3	"	420	165	"	407		"	377	
97	3	"	420	165	"	409	440	"	382	
98	5	1,595	"	423		"	412		"	386	880
99	7	1,540	"	427	880	"	416		"	390	1,320
100	9	"	432	440	"	417	365	"	393	1,540
101	4	440	"	432	660	"	417	365	"	398	220
102	3	1,540	"	436	660	"	417	365	"	402	
103	0	...	0	...	"	437		"	421		"	406	660
104	220	"	441	1,540	"	425	440	"	410	1,540
105	440	"	446	660	"	429	1,540	"	415	440
106	1	"	451		"	434		"	418	1,100
107	2	1,540	"	455	880	"	437	220	"	423	440
108	2	880	"	459	880	"	440	1,100	"	427	1,320
109	2	1,265	"	464	165	"	444	220	"	431	220
110	1	1,375	"	464	166	"	448	440	"	434	1,540
111	...	1,100	"	468	220	"	450	880	"	439	660
112	1	"	472	1,540	"	451	440	"	443	1,540
113	...	1,540	"	477	660	"	451	1,265	"	447	660
114	...	440	"	481	220	"	451	1,265	"	451	880

THIRD RACE FOR THE O'LEARY BELT AT MADISON SQUARE GARDEN,
NEW YORK CITY, FEBRUARY 28 TO MARCH 5, 1881.

Hours.	Ahead of Best Previous Records.		Behind Best Previous Records.		First.	Miles.	Yards.	Second.	Miles.	Yards.	Third.	Miles.	Yards.
Ms.	Yds.	Ms.	Yds.										
1	316	Burns	9	100	Hughes	9	98	Hart	8	1,540	
2	768	"	17	300	"	17	390	"	17		
3	1,155	"	24		"	23	1,540	"	23	1,320	
4	770	Hughes	30	880	Hart	30	660	Burns	30	220	
5	880	"	36	220	Burns	35	1,320	Hart	35	220	
6	1,210	"	42		"	41	220	"	39	1,440	
7	715	"	48	220	"	46	1,100	Krohne	43	1,320	
8	550	"	51	1,540	"	51	880	"	49	880	
9	723	"	57	1,540	"	56	1,320	"	55	1,540	
10	471	"	63	220	"	61	1,100	"	60	220	
11	1,697	"	69	440	"	66	1,540	Sullivan	65	1,540	
12	472	"	74	1,100	"	71	440	Panchot	70	1,100	
13	189	"	80	880	Panchot	76	1,100	Sullivan	76		
14	659	"	86	1,540	"	82		Burns	80	1,540	
15	566	"	92	440	"	88		"	86	1,100	
16	974	"	98	220	"	93	880	"	91	1,100	
17	18	Panch't	100	220	Hughes	100		Sullivan	96	1,540	
18	1,257	"	105	880	"	104		"	100		
19	1,697	"	110	1,320	"	109	440	"	105		
20	220	"	115	1,540	"	112	440	"	110		
21	220	"	120	1,540	Sulliv'n	115	220	Hughes	112	440	
22	1,069	"	126	440	"	120	440	"	115	660	
23	471	"	131	1,540	"	125	165	Howard	116	1,540	
24	86	"	135	165	"	125	165	"	120	165	
25	1,344	"	135	165	"	125	165	"	120	165	
26	1,595	"	135	165	"	125	165	"	120	880	
27	1,257	"	136		"	126	1,320	"	125	440	
28	94	"	140	660	"	131	660	"	126	1,100	
29	126	"	144	880	"	135	880	"	131		
30	346	"	149	660	"	139	1,540	"	136		
31	1,540	"	154	220	"	144	660	"	141	220	
32	880	"	159	880	"	149	880	"	146	220	
33	1,100	"	164	660	"	153	1,540	"	150	1,100	
34	1,729	"	168	1,540	"	158	440	"	154	1,540	
35	1,229	"	174	220	"	163	880	"	160		
36	660	"	179	220	"	168	660	"	163	1,540	
37	63	"	183	1,320	"	173	220	"	168	1,100	
38	1,446	"	187	1,320	"	178		"	173		
39	1,759	"	193	440	"	183		"	178	440	
40	1,069	"	198	440	"	187	440	"	183	660	
41	346	"	203	660	"	192	660	"	188	880	
42	1,320	"	208		"	196	440	"	193	220	
43	503	"	212	1,320	"	200		"	197		
44	974	"	217	1,540	"	203	1,320	"	201	1,540	
45	1,697	"	222	1,320	"	208	880	"	206	440	
46	315	"	227	1,320	"	212	1,320	"	209	660	
47	94	"	232	660	"	216	440	"	213	165	
48	589	"	235	165	"	220	1,540	"	213	165	
49	589	"	235	165	"	221	165	"	213	165	
50	589	"	235	165	"	221	165	"	214		
51	1,042	"	235	165	"	221	165	"	219		
52	913	"	237	1,320	"	225	660	"	223	1,100	
53	1,226	"	242	1,540	"	230	440	Krohne	226	880	
54	1,006	"	248		"	235		"	231		
55	503	"	253		"	239	1,100	"	235	880	
56	1,729	"	257	1,540	"	244	1,100	"	239	1,540	

Best Performances in the World for each hour of Six-Day Pedestrian Contests,
Corrected up to March 5, 1881.—Continued.

Hour.	Competitor.	Miles.	Yds.	Hour.	Competitor.	Miles.	Yds.
43.	C. Rowell, Nov.	2, '80,	233 63	96.	P. J. Panch't, Mar.	3, '81,	420 165
44.	"	"	2, 237 754	97.	"	"	4, 420 165
45.	"	"	2, 241 1,257	98.	"	"	4, 423
46.	"	"	2, 245 1,635	99.	"	"	4, 427 880
47.	"	"	2, 248 754	100.	"	"	4, 432 440
48.	"	"	3, 248 754	101.	"	"	4, 432 660
49.	"	"	3, 248 754	102.	"	"	4, 436 600
50.	"	"	3, 248 754	103.	"	"	4, 437
51.	"	"	3, 252 1,257	103.	POLICE GAZETTE En-		
52.	"	"	3, 257 503	try (Hughes), Jan.	28,	437	
53.	"	"	3, 261 1,006	"	"	28,	442
54.	"	"	3, 266 1,006	"	"	28,	446 1,100
55.	"	"	3, 271 503	106.	P. J. Panch't, Mar.	4,	451
56.	"	"	3, 275 1,509	107.	"	4,	455 880
57.	"	"	3, 280 1,006	108.	"	4,	459 880
58.	"	"	3, 284 1,509	109.	"	4,	464 165
59.	"	"	3, 288 754	110.	POLICE GAZETTE En-		
60.	"	"	3, 293 1,509	try (Hughes), Jan.	28,	465 1,540	
61.	"	"	3, 299 503	111.	P. J. Panch't, Mar.	4,	468 220
62.	"	"	3, 304 126	112.	"	4,	472 1,540
63.	"	"	3, 309 63	113.	"	4,	477 660
64.	"	"	3, 313 1,194	114.	"	4,	481 220
65.	"	"	3, 316 1,257	115.	"	4,	485 440
66.	"	"	3, 321 566	116.	"	4,	490 220
67.	"	"	3, 325 1,572	117.	"	4,	494 660
68.	"	"	3, 330 1,006	118.	"	4,	499 220
69.	"	"	3, 335	119.	"	4,	501 165
70.	"	"	3, 339 754	120.	"	4,	501 165
71.	"	"	3, 340	121.	"	5,	501 165
72.	"	"	4, 340	122.	POLICE GAZETTE En-		
73.	"	"	4, 340	try (Hughes), Jan.	29,	505 440	
74.	"	"	4, 342 1,509	123.	"	29,	510 660
75.	"	"	4, 343 1,006	124.	"	29,	515 1,100
76.	"	"	4, 343 1,006	125.	"	29,	517 660
77.	"	"	4, 345 503	126.	"	29,	521 1,100
78.	"	"	4, 349 503	127.	"	29,	526 440
79.	"	"	4, 354 251	128.	"	29,	530 1,540
80.	"	"	4, 358 1,006	129.	"	29,	534 660
81.	"	"	4, 361	130.	"	29,	538
82.	P. J. Panch't, Mar.	3, '81,	364 131.	"	"	29,	542 1,100
83.	C. Rowell, Nov.	4, '80,	368 754	"	"	29,	546 880
84.	"	"	4, 373 1,257	133.	"	29,	550 1,540
85.	"	"	4, 379 126	134.	"	29,	553 1,320
86.	"	"	4, 383 503	135.	"	29,	556
87.	"	"	4, 385 503	136.	"	29,	557 880
88.	"	"	4, 390 439	137.	"	29,	562 220
89.	"	"	4, 394 503	138.	"	29,	566 385
90.	"	"	4, 399 251	139.	"	29,	566 385
91.	P. J. Panch't, Mar.	3, '81,	403 1,540	140.	"	29,	567 385
92.	"	"	3, 409 220	141.	"	29,	567 440
93.	"	"	3, 413 1,100	142.	"	29,	568 825
94.	"	"	3, 418 1,100	143.	"	29,	568 825
95.	"	"	3, 420 165	144.	"	29,	568 825

565 miles 165 yards (141h. 24m. 20s.), Frank H. Hart, April 10, 1880.

565 miles, 165 yards (137h. 44m. 3s.), POLICE GAZETTE Entry (John Hughes), January 29, 1881.

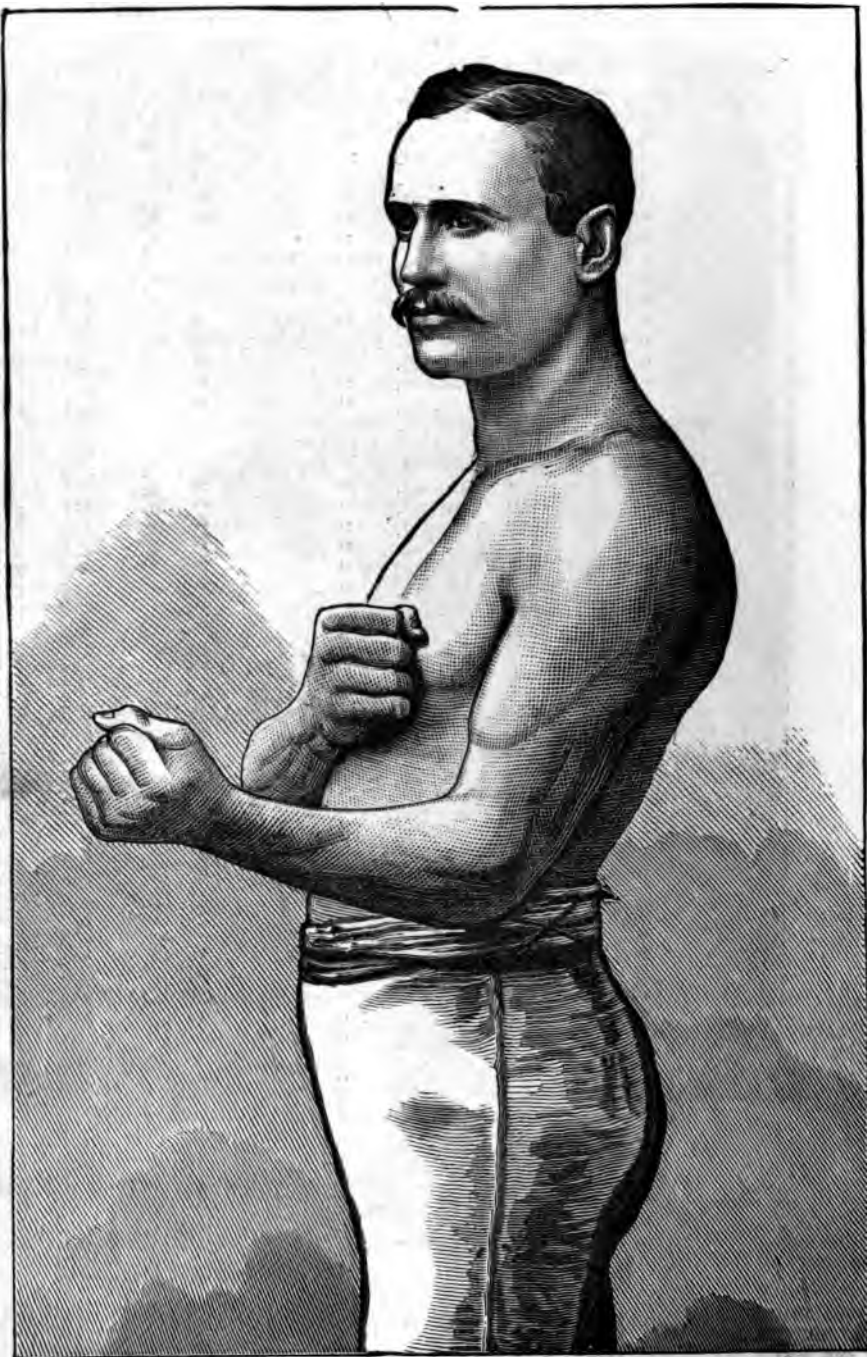
566 miles 63 yards (141h. 39m. 8s.), Charles Rowell, November 6, 1880.

566 miles 63 yards (137h. 56m. 20s.), POLICE GAZETTE Entry (John Hughes), January 29, 1881.

568 miles 825 yards (141h. 24m. 50s.), POLICE GAZETTE Entry (John Hughes), January 29, 1881.

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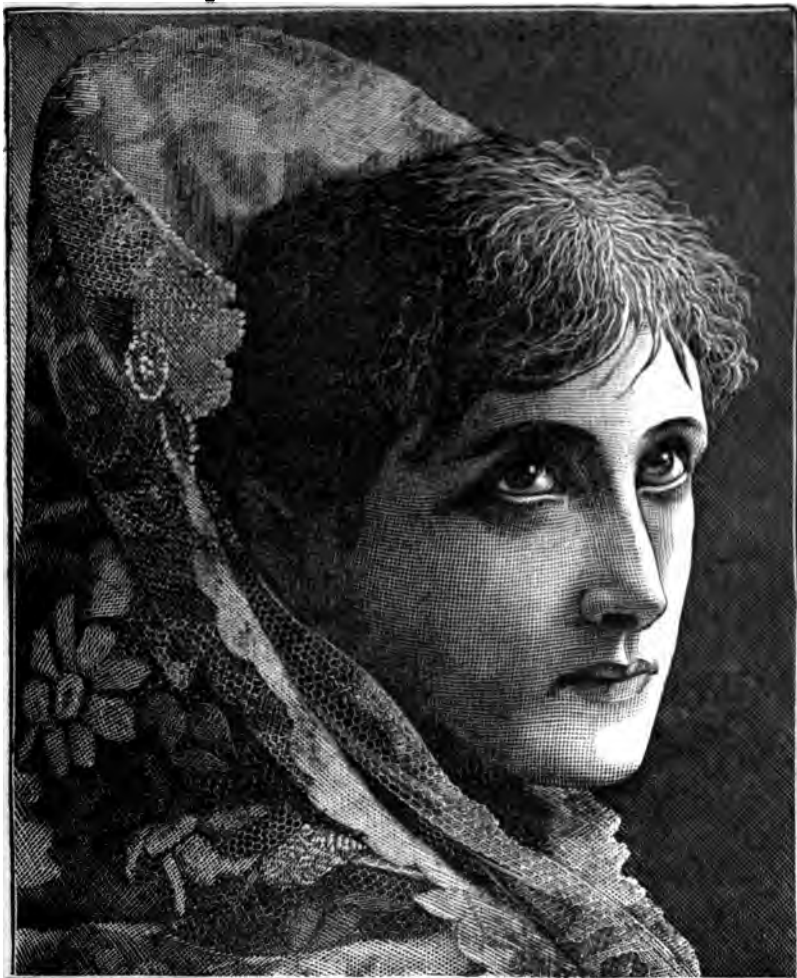
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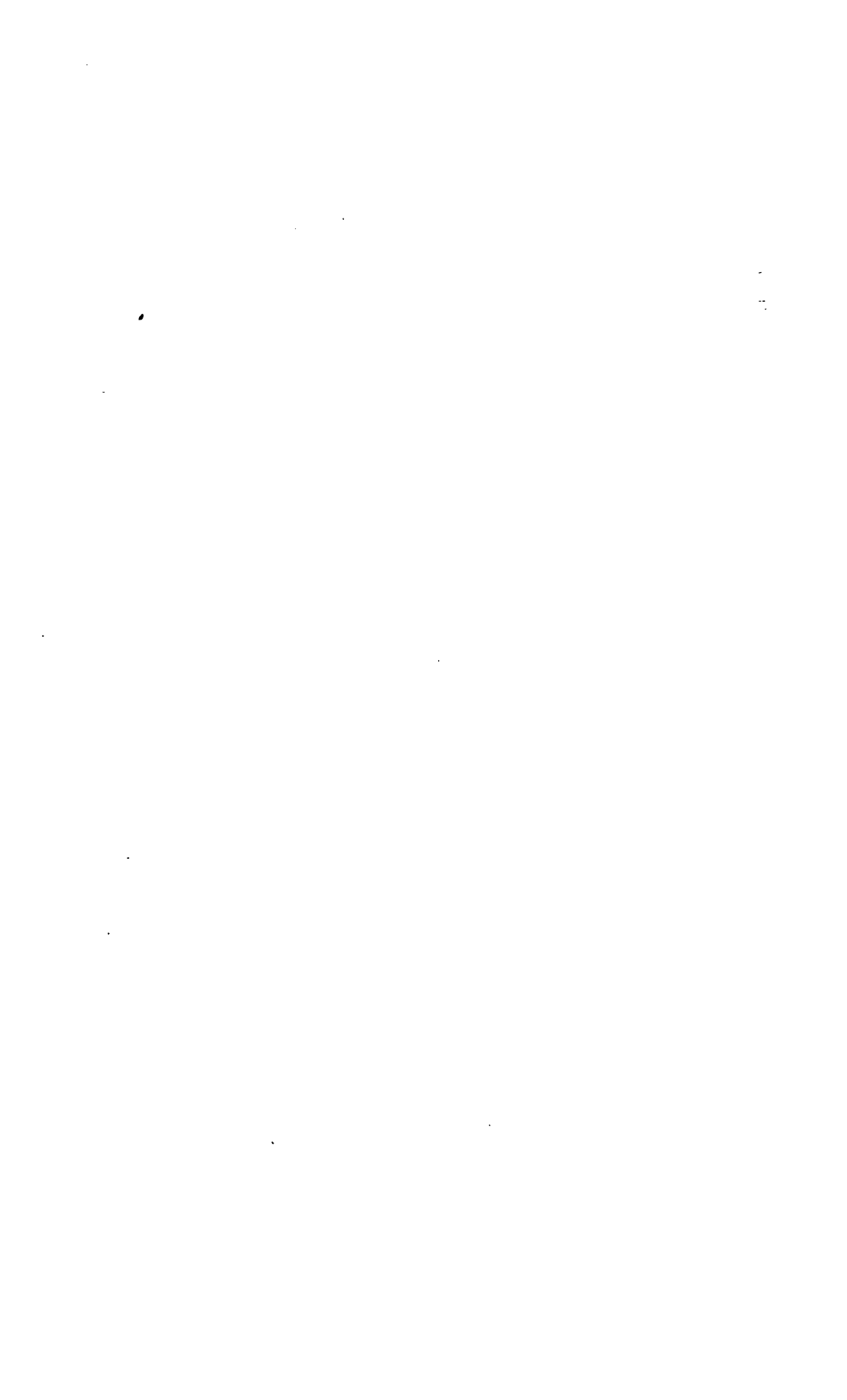
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